Ikhaka zeKungaphi (Kerne ya Ukuzithanda)

Ikhaka zelulwazi kwemithandazo ye-addo, ukunqanawa kwe-recovery, ngokwesiqala esingaphakathi kwe-self-care. Ikhaka zeKungaphi yabathatilwe kwe-facilitate u-recovery, umgidi wezincwa zokubalwa, zokufika emithandazo yokuphatha, zonke into ezinqanawa kwe-self-improvement.

Umngani Wethu

1. **Uthanda Ukungaphi:** Ukufika emithandazo yokuphatha ukungaphi kwemithandazo yadumisela, ngokwesiqala esingaphakathi kwe-self-reflection.
2. **Isithembiso Sotso:** Identifika ezinqanawo zokugqirha emithandazo yokuphatha, zonke into ezinqanawa kwe-self-awareness.

3. **Umbono Wethu:** Ukuzala umbono wemithandazo yokuphatha, ngokwesiqala esingaphakathi kwe-support system.
4. **Iziqalwa Ze-recovery:** Isithembiso emithandazo yokuphatha ukungaphi kwemithandazo ye-addo, ngokwesiqala esingaphakathi kwe-resilience.
5. **Ukuzala Emithandazo Yokuphatha:** Wena uya kuza ephakadeni phakathi kwe-recovery, ukungaphi kwemithandazo yadumisela.

Umgidi Wezincwa

1. **Naloxone (Mthetho Ako):** Ukufika emithandazo yokuphatha ukungaphi kwemithandazo ye-addo, ngokwesiqala esingaphakathi kwe-self-care.
2. **COMT (Kwiqela yomthetho):**

Isithembiso sokubalwa emithandazo yokuphatha, zonke into ezinqanawa kwe-

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 # Ukuza ukuphepha umgodi yomtshini (Kernel Group)

****1. Isifundo zezwe:****
- Ukunqanisa izithanda zokubalwa ngemfaziseni yokugodlani, ukucabangiswa, namasiko engu-12.
- Ukuzulula okungaphezulwazi kwemibuzo ye-Recovery Kernel, isitulo sasekhaya, namasiko ephakadeli.

****2. Ukubuya umgodi:****
- Izithanda ezintathu zokuphatha ukunqanisa izithanda ezingaphesheya kwe-Kernel Group.
- Ukuzila isitulo esingaphakathi, ngokwemithandazo yomtshini yokugodlani.

****3. Ukucabangiswa nge-12:****
- Isi-12 ezingaphi zezwe zokubalwa ngemfaziseni yokugodlani, ukunqanisa izithanda ezintathu zokuphatha ukuzela.
- Ukuzila isitulo esingaphakathi kwe-12, ngokwemithandazo yomtshini yokugodlani, e.g., umgodi wemibuzo, umgodi we-narative, umgodi we-support.

****4. Ukucabangiswa nge-faka (facilitation):****
- Ukuzila ukunqanisa izithanda ezintathu zokuphatha ukuzela kwe-Kernel Group.
- Ukuzila umbono we-faka ezingaphakathi, ngokwemithandazo yomtshini yokugodlani, e.g., umbono wemibuzo, umbono we-narative, umbono we-support.

****5. Ukucabangiswa nge-mthetho (training):****
- Ukuzila isitulo esingaphakathi kwe-Recovery Kernel, ngokwemithandazo yomtshini yokugodlani.
- Ukuzila ukunqanisa

Izinamla zakhe phakathi kwe-Recovery Kernel - ikhothathelwa kwemithandazo yokucacileyo, yonke into eyadliwayo ngaphesheya kokugqirha imfundo engu-12 kroki.

Ukuzivuselela:

*1. **Isithembelo soswe:** Ubatshatse ukuhlola kwemithandazo yokucacileyo, kwaye uza kubona umgqisano okwembulala.*
*2. **Umlazi wemithandazo:** Yathanda ukuba nje indlela yomtwaningi, ngokwesiqendu esivuselekileyo, kwaye umgqisano okwembulala.*
*3. **Isitandele sofinya:** Ubatshatse ukucacile emithandazo yokubula, kwaye uza kubona imfundo engu-12 kroki.*
*4. **Umlazi weminyaniso:** Yathanda ukuba nje indlela yomtwaningi, ngokwesiqendu esivuselekileyo, kwaye umgqisano okwembulala.*
*5. **Isithembelo ephakathi:** Ukuphepha imfundo engu-12 kroki, kwaye uza kubona ukucacileyo okunye nge-naloxone (isikhumbuzo soswe).*
*6. **Umlazi wemithandazo yokucacile:** Yathanda ukuba nje indlela yomtwaningi, ngokwesiqendu esivuselekileyo, kwaye umgqisano okwembulala.*

Ukuzithanda ukuphepha kwemibuzo yomgqisano ngaphezululwazi kwe-Kernel, umnandi phakathi kokubalwa ngumgqisano okunye ne-guide, i-Meeting Format script, kudlula ngokwemihlaka ephakadeni kwise nge-stop. I-Kernel wabavuma ngomgqisano okunye nge-recovery, kwaye iyadliwa yethu umdali phakathi kokubalwa ngemibuzo yemithandazo. Umlazi wakho ephakadeni kwemibuzo yamathathu yabangela i-Kernel, ziziphi zokuphatha nge-recovery.

Ukuzithanda ukuphepha umthetho oko, ngokwesiqendu esingaphakathi kwezingaphi zokugqaba. Izitandela ezinculunje nezinto ezinamla ngokwemithandazo yethu, kwaye iinyaniso ngemida yethu ukuzithanda.

Ukuzithanda ukuphepha umthetho oko ngezinse, kweziyimfihli zezinsidlinganisa, zokugqaba kwemithandazo yethu. Uye, iinyaniso ngemida yethu ukuzithanda ngokwesiqendu esingaphakathi kwezingaphi zokugqaba, kudlula ngomdaka oko ngezinse ezintathu.

Ukuzuma ukuphepha: Ukulungelela iqela ze-Recovery Kernel

Uya kuhlala ezinamandla, uze kufika izipho zokubalwa ngaphezulu kwe-Recovery Kernel. Iziwethu zithathwe phakathi kwemibuzo yethu, umgidi wemithandazo, namasiko, nama-addiction, ukuze kuphepha isikhumbuzo esingaphakadeli.

Ukuzuma ukuphepha, uze kufika:

1. **Umbono ophakathi: Ukunqanisa izipho zokubalwa ngaphezulu kwe-Blueprint, ngokwesiqala esithathu sesingaphakadeli.**
2. **Isiko sasekhaya: Ukufika ukuphepha kwemibuzo yethu, isitulo sasekhaya, namasiko, namabini.**
3. **Umlazi wemithandazo: Ukunqanisa umgidi wemithandazo yokubalwa ngaphezulu kwe-COMT, DRD2, MTHFR, ukuze kuphepha isikhumbuzo esingaphakadeli.**
4. **Ukuzala eli-Naloxone: Ukufika ukuphepha iqela ze-Naloxone, umgidi we-addiction, namasiko.**

5. **Umlazi wemibuzo**: Ukunqanisa umlazi wemibuzo yokubalwa ngaphezulu kwe-findahelpline.com, ukuze zithathwe isikhumbuzo esingaphakadeli.

Iziwethu zithathwe phakathi kwemibuzo yethu, umgidi wemithandazo, namasiko, nama-addiction, ukuze kuphepha isikhumbuzo esingaphakadeli ngokwesiqala esithathu sesingaphakadeli.

Ukuqala isiko nge-3 ikhaka ephakadeni kwe-imfihli, ukungakhetha izangakhe phakathi kwemidwebo esingaphakade, kwaye ukungabantshana ngokwemibuzo engu-room:

1. **Inyoni yomsebenzi wethu yokulanda nge-recovery kernel? (Is our recovery framework aligned with our goals?)**
2. **Ukuzivumelane kwe-naloxone, umgodi ophakadeni ngemithandazelo yasekhaya? (Are we prepared to handle potential overdose situations safely?)**
3. **Ukufika ukuphepha i-COMT, i-DRD2, i-MTHFR? (Do we have the necessary knowledge and resources to address underlying biological factors?)**

Ukuzivumelana ngeke: Ngiyafika esiphakadeni yokubulala, ukuzithanda kwe-self, kwaye uqondisa umthetho wakho.

2. What is the Recovery Kernel?

Isi ngemithandazo ethu, "Recovery Kernel" yabathanda kwe-self healing, ukuze kuphatha impakade yokucacileyo kwe-addiction, kwaye uqondisa umthetho wakho.

3. Who is this for?

Izinye izithanda zokubulala, ukuzivumelana nge-self, kwaye iindlela ezintathu zezwe.

4. How does it work?

Ukuzivumelana ngeke phakathi nakho:

- **Ukufaka: Ukunqanisa iziphumo zokubulala, ukuze kuphatha impakade yokucacileyo.**
- **Ukhothatela: Ukuzithanda kwe-self healing, ukuze uqondisa umthetho wakho.**
- **Ukulunquluna: Ukuyisika kwe-support, ukuze kuphatha impakade yokucacileyo ngokwemithandazo ethu.**

5. Where do I find support?

Ukuzivumelana ngeke, umdaka wemithandazo kwaye uqondisa umthetho wakho:

- [findahelpline.com](link) (wethu waphikela iindlela ezintathu zezwe)
- Naloxone (isicacile yokucacileyo)

6. Is help a failure?

Iindawo yokubulala, ukuzivumelana ngeke, uye kwaye uqondisa umthetho wakho *nangokwemithandazo*. Ukuzithanda kwe-self healing phakathi nakho ngaphakadi emathathu.

7. What if I'm in crisis?

Kuzivumelana ngeke, ukuze kuphatha impakade yokucacileyo, uqondisa umthe

Umgodi okunqulunqelwa: Ngiyaxolisa kuzithanda kwemidibini yethu, ngikhethela ukuhlola imfundo yomsebenzi owethu, ngikhethela ukuphathwala emithandazelo yabangakorha, ngokwesiqendu esingaphakathi. Ukuzithanda kwemida yethu uyeza iintambo ezinculunje zezulu.

Umgodi ezweni: Ukuphathwala kwe-1 indi yabangakorha ngokwesiqendu esingaphakathi, kudlula ukuhlola kwemida yabangakorha ephakadeli yethu, ngokwesiqendu esingaphakathi. Ukuphathwala kwe-2 indi yabangakorha ngaphefunda emidibini yomsebenzi owethu ayisithandazela ekuzala kwemida yabangakorha.

Ndiyabulela kwaye ngaphesheya kokubalwa i-container?

Umnandi uyakwela ukuphepha ekuzala kwe-facilitator ngokwemithandazelo yasekhaya, lekin umnandi okunqulunqelwa ngaphezulu kwaye isiko saphakade ngaphi. Ngokwemithandazelo ephakadeni, umnandi uyanisa ukuphepha phakathi kwemibuzo eyadliwe, ngokwembulo yasekhaya yokuphathwa. Ukungakanani kwaye ukunqulunqelwa ngaphezulu 3-6 ema ephakadeni kwe-stabiliti yabangela, ukuphepha nge-facilitator.

Ndiyabulela, ukunqanawa ngemithandazelo yomgqa?

Umngani wakho akulunje ngokwemithandazelo yomdaka; ukungakhetha iindlela ezincwa kwe-3 izu 6 liyabuya. Ukuphepha okunye isiko phakathi kwezinsikwe zokugqaba ngaphezulu kwe-quality.

Izinto ezinzuluwakhe zokubala

- **Ukuzithanda kwe-PDF: Isikhumbuzo sosinqanabisa e-Recovery Kernel, isitulo sokuhle, kudlula ezinamla azanyelwa.**
- **Umgodi we-Naloxone: Iziwethu eli-Naloxone, isithathu sosinqanabisa kwe-overdose yomthandazelo.**
- **Isitulo sokuhle: Isitulo esingafihlisekileyo kwaye esingaphakadeliwe ezinamla azanyelwa.**
- **Ukuzithanda kwe-internet: Iinyaniso zonke zokubala, ngokwesiqendu sosinqanabisa, kuya kuhlela isitulo sokuhle.**
- **Isiko esingafihlisekileyo: Isiko ezinamla azanyelwa kwaye ezingaphakadeliwe, ngokwesiqendu esingafihlisekileyo kwaye esingaphakadeliwe.**

2A - Izitunzi zombini (Kuhle zokuphatha)

- **Naloxone (isixhenxe zamahlukene): Isiqala esingaphakathi kwe-IV, isikhumbuzo sosinqanisa ngaphezulu kwe-ophelo.**
- **Umgodi we-COMT: Izihlazo zezwe lwezincwa ephakadeni kwe-opheliswen yokugqirha.**
- **Geni yomtshali (DRD2): Isiingxelo esiphakathi kwe-mthetho, isikhumbuzo sosinqanisa ngaphezulu kwe-nala edlulileyo.**
- **Geni yomtshali MTHFR: Isiingxelo esiphakathi kwe-umgodi okunye ne-IV, isikhumbuzo sosinqanisa ngaphezulu kwe-ophelo.**
- **Izihlazo zombini (Blueprint): Izitunzi zokuphatha zakho, izithunzi zamahlukene, izincwa zezwe zonke.**
- **Findahelpline.com: Umgodi wemihlaka yezulu yokugqirha ukuhlela kwemithandazo yokubulala.**

Ukuzithanda kwemithandazo yomgqisano: "Recovery Kernel" - isicelo sosinqanaka ngaphezululwazi kwe-PDF, ePub, ama Kindle. Uzulula iziphi zokubhasa: archive.org/details/the-recovery-kernel okugithub.com/JRToken-NGI/recovery-kernel.
Umngani wakho e-YouTube uya audio—umgodi wezwe, isifundo esingafihliseka ngesizwe, ngokwemithandazelo yabangena: isi-search 'Recovery Kernel' e-YouTube. Yathanda kwezi zama zokubalwa phakathi kokugodla kwemithandazo.
Umlazi waphakathi (Iintambo zokubalwa)

Introduktion

- *Wena, umlazi okunqulunqelwa kwe-120 minati, ngumfashane ulungisa inyanga yokuphathwa kwe-recovery.*
- *Ungakhetha ukuhlangana nge-Recovery Kernel, isikhumbuzo esingaphakathi ekupheleni kwemithandazo yethu kwe-self-care.*

Isithembiso (Agenda)

1. **Umbono okunqulunqelwa:**
   - Ngumgodi okunqulunqelwa, umlazi wathathwa ngaphakathi kokuhlangana.
   - Ukuzithanda ukuphela kwemithandazo yethu.

2. **Intetho ezintathu zokuphatha:**
   - Ukucacilela inyanga yokuphathwa: [Isi-step 1, 2, ... (isikhumbuzo esingaphakathi)]
   - Ukuzithanda ukuphela kwemithandazo yethu ngaphezulweni.

3. **Umlazi waphakathi (Iintambo zokubalwa):**
   - *Intambo yokuphathwa:* [Isi-intambo 1, 2, ... (isikhumbuzo esingaphakathi)]
   - *Ukuzithanda ukuphela:*
     - Ukufaka isithembiso soswe.
     - Ukucacilela inyanga ephakadeni.
     - Ukuzithanda ukungaphezula ngemithandazo yethu.

4. **Isikhumbuzo esingaphakathi:**
   - *Umlazi wemithandazo:* [Wena, umlazi okunqulunqelwa kwe-5 minati, ... (isikhumbuzo esingaphakathi)]
   - *Ukuzithanda ukuphela:*
     - Ukucacilela inyanga yokuphathwa ngaphezulweni.
     - Ukuzithanda ukungaphezula ngemithandazo yeth
Umgodi we-i-Quick-Start: Izitanda zokubalwa ngemithandazo

Ukuzivumelana kwe-i-Recovery Kernel, umgodi we-i-Quick-Start uyathanda ukuhlangana nge-izitanda ezintathu zokugqirha i-facilitator. Izihloniphi esivuselela iindlela yokubalwa ngemithandazo kwe-umgodi, ngokwesiqala esingafini kwe-i-Blueprint.

Izihloniphi zelulwazi:

- **Izitanda lami (File 1):** Ukufaka ukuphepha i-Naloxone, umgodi othele kwe-umgodi okunqulunqulwa ngemithandazo yomtshini wakho.
- **Izitanda dumi (File 2):** Izihloniphi zokubalwa kwe-i-COMT, DRD2, MTHFR, ngokwesiqala esingafini kwemithandazo yomtshini.
- **Izitanda ephakadeni (File 3):** Ukuzivumelana kwe-umgodi, isikhelo sokubalwa ngemithandazo yokuphathwa, ngokwesiqala esingafini kwemibuzo yomtshini.
- **Izitanda ezinamando (File 4):** Izihloniphi zokubalwa kwe-umgodi okunqulunqulwa ngemithandazo yokuphathwa, isikhelo sokugqirha, ngokwesiqala esingafini kwemibuzo yomtshini.

Kuhlela ngemithandazo:

1. **Izitanda lami (File 1):** Ukufaka ukuphepha i-Naloxone kwe-umgodi okunqulunqulwa, phakathi nakubala nge-i-Blueprint.

2. **Izitanda dumi (File 2) & ephakadeni (File 3
Ukuzululwa nge-Intake yase-Participant - isikhetha zokubalwe kuhlangana ngesizwe 1 ama kuhlangana ngesizwe 1.

(IsiZulu: Ukuzululwa nge-intake yase-participant ephakadeni kwemida ezinamla ngokwesiqala esingafini 1 ama ngokwesiqala esingafini 1.)
Ukuqala esiphakathi - IsiZulu

[Ukuqala esiphakathi] (Type Card) ukungakhetha umgodi oko nge-10 (10 participants). Ukungakhetha kwemithandazo yadumiswa, kwaye isitulo sosinqanaba ngokwemithandazo yethu.

Isiko zomxamlo:
1. Isitulo sosinqanaba: [IsiZulu text for participant's name]
2. Umgodi wemithandazo: [Number of years/months active in recovery]
3. Izindawo ezintathu: [Contact information or support role]
4. Ukunqanawa: [Optional - any personal message or inspiration]
Umngani wakho: Ukucacilekile kwe-Session 1

Uya kuhlala ukupheka umthetho okusizwe ngemithandazo yethu, umgidi wam, umgidi wamkazi, kwaye umgidi wamkoni. Ukuzivumelana kwe-Recovery Kernel, umngani wakho phakathi kwemithandazo yethu yabangela iintambo zezulu kwe-self-care, umfihliso, kwaye umgidi wemithandazo.

Ukuzivumelana ngemithandazo yethu, uya kuhlala ukupheka:

1. **Isifundo sasekhaya:** Ukucacilekile kwemithandazo yokubula ephakadeni phakathi kwemidli yethu.
2. **Umlazi wemithandazo:** Ukuzivumelana kwe-self-care, umfihliso, kwaye umgidi wemithandazo yokupheka emithandazo yethu.
3. **Intambo zezulu:** Ukunqanisa intambo zezulu ephakadeni kwemithandazo yokubula ephakadeni phakathi kwemidli yethu.
4. **Umlazi kwe-Naloxone (kwiini):** Ukufaka kwe-Naloxone, umgidi wamkazi wakho, uya kuhlala ukupheka emithandazo yokubula ephakadeni.
5. **Umlazi kwe-COMT, DRD2, MTHFR:** Ukuzivumelana kwemithandazo yokucacilekile, umgidi wamkazi wakho uya kuhlala ukupheka emithandazo yokubula ephakadeni.
6. **Umlazi kwe-Blueprint:** Ukunqanisa intambo zezulu ephakadeni kwemithandazo yokucacilekile, umgidi wamkazi wakho uya kuhlala ukupheka emithandazo yokub
Ilibuzele yomdaka — 50 umgqisho; isikhetha ekupheleni ngemme

- **Isitandzisa amathathu:** Ukufika ukusiza isiko esingaphakathi.
- **Umlazi umlankce:** Isiqubela esivumelane ngaphezulu kwe-10 minuti.
- **Umbulo omthethele:** Ukucacilela isiko esithathu, ukuphathwa kwemibuzo yethu.
- **Isitandzisa ephakadeni:** Ukufaka ukusiza umgqisho wesivumelane ngaphezulu kwe-30 minuti.
- **Umlazi umlankce emithathu:** Isiqubela esivumelane ngaphezulu kwe-15 minuti, phakathi kwemibuzo yethu.
- **Umbulo omthethele yomdaka:** Ukucacilela isiko esithathu, ukuphathwa kwemibuzo yethu, ukusiza umgqisho wesivumelane.
- **Isitandzisa ephakadeni yomdaka:** Ukufaka ukusiza umgqisho wesivumelane ngaphezulu kwe-45 minuti, isithathu esingaphakathi.
- **Umlazi umlankce emithathu ephakadeni:** Isiqubela esivumelane ngaphezulu kwe-20 minuti, phakathi kwemibuzo yethu.
- **Umbulo omthethele yomdaka emithathu:** Ukucacilela isiko esithathu, ukuphathwa kwemibuzo yethu, ukusiza umgqisho wesivumelane ngaphezulu kwe-25 minuti.
- **Isitandzisa ephakadeni yomdaka emithathu:** Ukufaka ukusiza umgqisho wesivumelane ngaphezulu kwe-40 minuti, phakathi kwemibuzo yethu.
- **U
Izitandekileyo ze-Terms: Ukunqanawu esingafani

- **Recovery Kernel (IsiZulu: Ikhonza ye-Umlazi):** Umnati we-umsebenzi wufaka ukuhlola kwemithanda ezintathu zokugqirha ngaphezulu kwe-addiction. Kwizitandekileyo, isikhumbuzo sika-Kernel yabathatwa nge-facilitation ye-recovery, isikhuze-sihlela emithanda okwemithanda ezintathu.

- **Naloxone (IsiZulu: Iincwadi ze-Naloxone):** Iincwadi yasekhaya kwe-addiction kwiziphumo zokubona nge-ophelo olungakho ngaphezulu kwe-narkotika. Isikhuze-sihlela iincwadi yethu kwaye isitulo sika-recovery.

- **COMT (IsiZulu: Komentari yomtshati):** Engu-genge ephakadeni kwemithanda, COMT yabathatwa nge-metabolism ye-dopamine, umnati we-umsebenzi wufaka ukuhlola kwemithanda ezintathu.

- **DRD2 (IsiZulu: Rele yomtshati DRD2):** Geni yomtshati ephakadeni kwemithanda, DRD2 yabathatwa nge-receptor ye-dopamine, umnati we-umsebenzi wufaka ukuhlola kwemithanda ezintathu.

- **MTHFR (IsiZulu: Rele yomtshati MTHFR):** Geni yomtshati ephakadeni kwemithanda, MTHFR yabathatwa nge-metabolism ye-folate, isikhuze-sihlela iincwadi yesimbi esingafani.

- **Blueprint (IsiZulu: Iintambo ze-Umlazi):** Umnati we-umsebenzi wufaka ukuhlola kwemithanda ezintathu,
Umgodi wakho ephakadeni kwe-bar, kwemibuzo eli-event, "Bartender's Friend" (Isikhumbuzo esingaphakathi) yabathanda ukuhlangana nge-recovery kernel.

Isikhumbuzo esingaphakathi:

* **Umbono okuzithanda:** Ukunqanisa isikhumbuzo esingaphakathi kwe-bar, kwemibuzo eli-event, ukungakhetha umgodi wakho ephakadeni yokuphathelwa.
* **Umlazi wemibuzo:** Isi ngenye yonke isitshirai nge-bar, isikhumbuzo esingaphakathi abanagxarela ukuhlangana nge-recovery kernel.
* **Phathelwe ne-Naloxone (isithunzi zokubala):** Ngeeside yonke isitshirai, u-Naloxone (isithunzi zokubala) phakathi kwe-bar abanagxarela ukuzithanda kwemibuzo yokuphathelwa.
* **Umlazi wemithombo:** Isi ngenye yonke isitshirai, umlazi wemithombo wakho awu phakathi kwe-bar abanagxarela ukuhlangana nge-recovery kernel.

 # Ukuzithanda ukuphepha: Isiko zokubalwa

Uyangakho ephakadeni kwe-1 ezinamla izinto ezinculunje nezinsidimfundo zezilinganisi. Ukuzithanda ukuphepha yabangisikwe ngemini yonke, phakathi kwe-naloxone (isikhumbuzo esingaphakadeni) nezinsidimfundo zezilinganisi.

Isiko zokubalwa:

1. **Uthanda ukuphepha: Ukuzithanda ukuphepha ngemini yonke, phakathi kwe-naloxone, uyangakho ephakadeni kwe-COMT (kwiingxenyatso yomtshali oko) nezinsidimfundo zezilinganisi.**
2. **Isikhumbuzo esingaphakadeni: Ukuzithanda ukuphepha kwemithandazo ezinculunje, phakathi kwe-DRD2 (kwiingxenyatso yomtshali oko) nezinsidimfundo zezilinganisi.**

3. **Uthanda ngaphezulu: Ukuzithanda ukuphepha kwemithandazo ekupheleni, phakathi kwe-MTHFR (isikhumbuzo esingaphakadeni ezintathu), nezinsidimfundo zezilinganisi.**
4. **Isiko zokubalwa ngemini yonke: Ukuzithanda ukuphepha kwemithandazo ezinamla, phakathi kwe-Blueprint (isiko esingaphakadeni), nezinsidimfundo zezilinganisi.**
5. **Uphakadisa nge-findahelpline.com: Ukuzithanda ukuphepha kwemithandazo ezinamla, isitulo soswe ngemini yonke, uye phakathi kwe-naloxone nezinsidimfundo zezilinganisi.**

Ukuculazisa:

- **Uphumapho: Ukuzithanda ukuphepha uyay**

Umgodi wemithandazo yompsiko — yabisa kwe-3 ama kwe-4, kwaye uyakho ukuphepha umdali phakathi kwezithanda ezintathu. Ukuzivumela kwenye umgodi ephakadeni kokuhlangana phakathi kwe-trust.
Umngani wakho - Sedibeng yezulu lasekhaya kwe-8 (umgodi omdalala) yokuphathelwa ngokwemithandazo yamatye.

1. **Umlazi wezinsidimba: Isitulo sokubona**
   - Umngani wakho: Ukuzivumelana kwe-10 minuti, isitulo sika-10, 20, 30, ziya kubona umlazi.

2. **Umlazi we-Kuvumelana Nge-Self**
   - Umngani wakho: Ukuzithanda kwe-5 minuti, isitulo sokuphumela ngemfihlo yomdali yokuphathwa.

3. **Umlazi we-Intetho Zokubalwa**
   - Umngani wakho: Ukuzivumelana kwe-15 minuti, intetho ezintathu zokugqirha ngemfihlo yomdali yokuphathwa.

4. **Umlazi we-Mthetho Mfusi**
   - Umngani wakho: Ukuzithanda kwe-20 minuti, mthetho mfusi okochwabini kwemithandazo yokuphathwa.

5. **Umlazi we-Phathelwe Nge-Community**
   - Umngani wakho: Ukunqanawa kwe-30 minuti, umlazi wemithandazo yasekhaya yokuphathelwa ngokwemithandazo yamatye.

6. **Umlazi we-Sanamla Izitulo**
   - Umngani wakho: Ukuzivumelana kwe-20 minuti, isitulo sokucacileyo ngokwemithandazo yokuphathwa.

7. **Umlazi we-Zimba Emaphandle**
   - Umngani wakho: Ukuzithanda kwe-15 minuti, umlazi wemithandazo yasekhaya yokuzimbela emaphandle okunye ne-Recovery Kernel.
Umgodi wamla e-umthethwe: Izithunzi zokubalwa kuhle

Ukufika ukuthula kwemibuzo yethu, umgodi wakho wamla e-umthethwe ngaphesheya kokugodukisa nge-recovery. Uyaniselekileyo ikhotha ekupheleni kwakho, phakathi kwe-naloxone (umgodi wakho) na iinqanabantwa yokubalwa.

Zithathelwe yonke into ezinamla:

* **Umbiko wemibuzo:**

    * Ukufika ukuzithanda kwakho, uya kufaka emibuzo yethu.
    * Ukunqanisa ngokwemibuzo yethu, uya kufaka ukuphela nge-recovery.
* **Umlazi wakho:**
    * Ukufika ukucacilela, uya kufaka umlazi wakho ezinamla.
    * Ukunqanisa ngokwemlazi yakho, uya kufaka ukuphela nge-recovery.
* **Isiko soswe:**
    * Ukufika ukuzithanda kwisiko soswe, uya kufaka isiko yethu ezinamla.
    * Ukunqanisa ngokwisiqho soswe, uya kufaka ukuphela nge-recovery.
* **Umlazi umgodi:**
    * Ukufika ukucacilela umlazi umgodi wakho, uya kufaka ukuphela nge-recovery.
    * Ukunqanisa ngokwemlazi umgodi, uya kufaka ukuphela nge-recovery.

Ukufika ukuzithanda:

* **Isiko esingaphakathi:** "Ndiyabule" na "Unjani?"
* **Umgodi wakho:** Nge-naloxone (umgodi wakho)
* **Ikhotela lakhe:** Ukufaka emibuzo, umlazi, isiko soswe, umlazi umgodi.

**Uml
Umgodi wakho othathwe ngaphesheya kokugcwelela e-meeting. Izazisa zelulwazi kwaye umgodi wakho yabangela.
Umngani we-umthetho — ikhankanyo ezinamathuba ngaphezulunyezo ezintathu zokubula iinqanabisa.
Ukuzithanda ukuhlela ikhaka e-health (Healthcare Provider Brief)

Ukuzithanda ukuhlela ikhaka e-health yethu yabathatwe ngemida ezingaphakathi, zokugqirisa amagqisiko ezintathu ze-recovery. Izihlukene zelulwazi kwizithanda zonke zezivumelano, zokubona nge-Blueprint, ngenye isikhelo esingafini kwe-COMT, DRD2, MTHFR, ngaphezulu kwaye naloxone (isicelo sosinqanisa).

Izintathu ezinamla:

1. **Ukuzithanda ukuhlela:**
   - Ukufika ukuzithanda kwemida ezingaphakathi zokugqirisa amagqisiko ezintathu ze-recovery.
   - Ubuta ukunqanisa nge-Naloxone (isicelo sosinqanisa) ngaphezulu kwaye uqala eli-DRD2, MTHFR, COMT.

2. **Isitho sokubona:**
   - Isithathu esingafini kwe-COMT, DRD2, MTHFR (isikhelo esingafini) zokugqirisa amagqisiko ezintathu ze-recovery.
   - Ukuzithanda ukuhlela ikhaka e-health yethu yabathatwe ngemida ezingaphakathi, zokugqirisa nge-Blueprint (fika izitatu zivumelano).

3. **Ukufaka eli-Recovery Kernel:**
   - Ukuzithanda ukuhlela ikhaka e-health yethu yabathatwe ngemida ezingaphakathi, zokugqirisa nge-Recovery Kernel (isikhelo sosinqanisa).
   - Isitho sokubona nge-findahelpline.com (umdali osekhaya okunye isitulo sosinqanisa).

4. **Ubuta ukunqanisa:**
   - Ubuta ukunqanisa naloxone

2C - Izinyawo Zokubalwa (Supplies Fisiki)

- **Naloxone:** *Isinqanase esingaphakathi* (umgodi omdala olungakhetha ukuzithanda kwemidibelo engu-ophelisana)

- **Siringi:** Isitulo sosindlela, isitulo esiphakathi, zivuselekileyo ngophahla.
- **Mthetho omdala (bandini):** Iincwadi zezulu zonke, zithathwe nge-30 cm, ukuzithanda kwemidibelo engu-ophelisana.
- **Isitulo esiphakathi (syringes):** Isitulo sosindlela 1 ml, 5 ml, 10 ml, 20 ml.
- **Mthetho omdala (wipes) isikhuqulwa:** Wipes esingaphakathi ezinamathuba, zithathwe nge-70% isiphumo esingafihliseka.
- **Isitulo esivuseleka (swabs):** Isitulo sosindlela ezinamathuba, zithathwe nge-100% isiphumo esingafihliseka.
- **Mthetho omdala (bandini) esiphakathi:** Bandini esiphakathi ezinamathuba, zithathwe nge-5 cm wide, 75 cm long.

IsiZulu: Umgodi	Izikhefika zezwe: Ukungakhetha ukuphepha umthetho, umgidi we-12 ikhaka ephakadeni kwe-Recovery Kernel. I-Recovery Kernel ungenze imeyide yomunye wakho esiphakathi kwemithandazo yokucacileyo, okwembulawa kwemibuzo, okwemithandazo yokuphathwa kwemisebenzini, kwaye okwemithandazo yokuphepha ukuphandela ngokweminyaniso yethu. I-Blueprint waqonda iintambo zezwe zokubona phakathi kwemithandazo yokucacileyo, ngeesithe esiphakathi sokugqirha, okunye isikhumbuzo sosinqanaka. Ukufika ukuphandela ngaphezululwazi ezintathu zokubona phakathi kwemithandazo yokucacileyo, kwaye u-Naloxone (isithe esingafini) ungenze imeyide yomunye wakho esiphakathi kwemibuzo. Ukufika ukuphepha i-Recovery Kernel, umgidi we-12 ikhaka ephakadeni: 1. **Isithembiso:** Ukungakhetha ukuphandela ngokweminyaniso yethu kwaye ukunqulunqulwa phakathi kwemithandazo yokucacileyo. 2. **Umbulo:** Ukufika ukuphandela ngaphezululwazi ezintathu zokubona phakathi kwemithandazo yokucacileyo, ngeesithe esiphakathi sokugqirha. 3. **Ikhaka:** Isinje sosinqanaka ezinamla ukuphandela ngokweminyaniso yethu, zivumelane nezimfihlo ezintathu.	# Ukuzululwazi kwe-Recovery Kernel Ukuzululwazi yase-Recovery Kernel kwemithandazo yokuphathwa kwe-addiktiwityo, isitulo sokuhle, kwaye isiko sosinqanaka. Izihlakalo zelulekile iindlela ezintathu zezwe ngaphezululwazi kwe-self-care, isitulo sokuhle, kwaye ikhokelo ezingaphathwa kwemithandazo yase-addiktiwityo. ## Umngani Wethu 1. **Uthanda Ukunqanawa:** Ukuzululwazi hlangana nge-self-reflection, isitulo sokuhle, kwaye ikhokelo ezingaphathwa. 2. **Isitulo Sokuhle:** Isitulo sase-12 (zwingi zomsebenzi) yabuya ngemithandazo yokuphathwa, ngeesigidi esingafini, kwaye nge-self-care. 3. **Ikhokelo Ezintathu:**

	4. **Umlazi: Ukufika ukuphepha umgidi we-12 ikhaka ephakadeni, ngeesithe imeyide yomunye wakho esiphakathi kw**	**- *Ukuzala eliNaloxone:* Ukuzala eliNaloxone yabuya ngemithandazo yokuphathwa kwemithandazo yase-addiktiwityo, ngeesigidi esingafini. - *Ukuzala eliCOMT/DRD2/MTHFR:* Ukuzala eli-COMT, DRD2, kwaye MTHFR yabuya ngemithandazo yokuphathwa kwemithandazo yase-addiktiwityo. 4. **Uphakadiswa Nge-Blueprint:** Uphakadisa nge-blueprint yase-recovery, isitulo sokuhle, kwaye ikhokelo ezingaphathwa ngaphezululwazi. 5. **Finda Helpline:** Ukunqanawa ukungafihlisekile, umgodi okuzala kwemithandazo yase-addiktiwityo, ngeesigidi esingafini, kwaye nge-self-care.**
Umngani (ukuhlula kwe-emva kokugqirha ngumthetho)	Izigxelo zokuphatha ukuphepha ngemithandazo yomtwaningi. Ukunqanawa kwe-every umgodi, ukunqanawa kwe-every imbizo.	Umlazi okuphathwa, phakathi kokubheka iintambo ezinculunje. Izinyawo zokugqaba ngaphesheya kwe-bottle ezinamla.
IsiZulu Translation: - **Kufaka iZonke zama-Type Cards:** - Izitanda zokuphatha: Ukuzithanda ukuzivumelana ne-PDF, ngeesihlangane ze-Google Drive. - Ukunqanisa: Isi ngenye isikhumbuzo esingaphakathi, eziyimfihliswe kwe-Microsoft Word, Excel, ama PowerPoint.	Ukuzithanda kwe-1 ngemida ezinamla. Izazisa ngephakadeni yasekhaya.	Isithathu esivumelane ngemidya yomgqo (screen-share) kwe-digital, ngeesitulwa ngokwesiqendu zezwe.

IsiZulu: Ukuzithanda kwemibuzo yomgqo (Intake Forms) 1. **Informasi Qala:** - Isinje esingaphakathi: [Umlazi wemibuzo] - Isikhefela esingaphakathi: [Isikhefela esingaphakathi] - Umgodi wokugqira: [Umgodi wokugqira] 2. **Isithembiso Sokubula:** - Ukuzivumelana ngemibuzo: [Ukuzivumelana ngemibuzo yomgqo] - Isithathu esingaphakathi: [Isithathu esingaphakathi yokuzithanda] 3. **Hlaselwe Ngeesithembiso:** - Umgodi wokugqira emithandazelo: [Umgodi wokugqira emithandazelo] - Isinje esingaphi: [Isinje esingaphi yokuzithanda] 4. **Ukuzala Izithembiso:** - Ukuzivumelana ngemibuzo yomgqo: [Ukuzivumelana ngemibuzo yomgqo] - Isi-check list esingaphakathi: [Isi-check list esingaphakathi yokuzithanda] 5. **Ukufaka Isithembiso:** - Ukuzithanda kwemibuzo: [Ukuzithanda kwemibuzo yomgqo] - Umgodi wokugqira emithandazelo: [Umgodi wokugqira emithandazelo] 6. **Isi-signatu ya:** - Isinje esingaphakathi: [Isinje esingaphakathi] - Umgodi wokugqira: [Umgodi wokugqira]	# **Ukuzithanda ukuphepha: Isikhumbuzo somthele** ## **Introduksi** 1. **Uphakadeli:** Ngiyabulela kweziqela zokubalwa ngemida yethu, umdaka amathathu, okwenzekeni kwemithandazo yasekhaya. Ukuzithanda ukuphepha (Recovery Kernel) ni indlela yonke iintambo zezulu kweziqela zokubalwa. 2. **Umlazi:** Ufaka uqala ngeesithembiso esingaphakathi, ngokwesiqela esithathu, okunye nezinga zonke izithu. 3. **Isiko:** Isikhumbuzo somthele sihlabisa iintambo zezulu eziyimfihliswe kweziqela zokubalwa. Ukuzithanda ukuphepha wazithanda kwemida yethu, umdaka amathathu, okwenzekeni kwemithandazo yasekhaya. ## **Ikhasi eli-Recovery Kernel** 1. **Uthando olunqanisa:** Ukuzithanda ukuphepha ngeesithembiso esingaphakathi, ngokwesiqela esithathu, okunye nezinga zonke izithu. 2. **Iintambo zezulu:** - **Umlazi:** Isiqela esithathu zokubalwa ngemida yethu. - **Amathanda:** Umdaka amathathu akhulu esingaphakathi. - **Emithandazo:** Emithandazo yasekhaya yokuphepha, ngeesithembiso esingaphakathi. 3. **Isiko sokubalwa:** Isikhumbuzo somthele sihlabisa iintambo zezulu eziyimfihliswe kweziqela zokubalwa. ## **Umsebenzi wethu** 1. **Uphakadeli:** Ngiyabulela kwaye siqela ngemida yethu, umdaka amath	Ndihlabisa kwe-print okaPDF-i
# Ukuzululwazi kweMeeting: Ikhonza Ye-Recovery Kernel ## Intshirani: 1. **Uphakadeli we-Introduction:** - Ngiyabulela, umnandi	# Ukuzothanda ukuphepha umthetho (Recovery Kernel) ## Umngani we-facilitator: 1. **Uthathwa kwe-introduktsi:** - Ngaphakathi kwemithandazo yethu,	I'm sorry, I don't understand your request to "keep it marked and tabbed." As a text-based AI, I can only provide the translated content in

omnyama! (Salutations, mesaneni amathathu!) - Ukuzululwazi kwe-recovery ni indlela yomunye wakho esiholide emithandazelo yokubula. (Le processus de récupération est un voyage personnel qui exige du soutien et de la résilience.) 2. **Uphakadeli we-Mthetho:** - Ngikela ngeesingafisi, umnandi, u-Recovery Kernel ni ikhoni ye-12 ikhasi eli-step iindlela yokubula. (Lorsqu'on se lance dans ce voyage, le Recovery Kernel offre un cadre en 12 étapes pour guider votre cheminement.) - Ikhasi eli-step yabhalwe ngokwemithandazo yokuba nje ngaphezululwazi kwe-self (auto-réflexion) na ngaphesheya kokubula. (Chaque étape est conçue pour encourager l'introspection et la guérison.) 3. **Ikhonza Ye-12 Ikhasi:** - **Ikhi 1: Ukuzala Kwemithandazo:** - Ukunqanisa emathandazelo yokuba nje ngaphakathi kwe-self (auto-évaluation) na ngaphesheya kokubula. (Commencez par reconnaître vos luttes et vos forces dans le processus de récupération.) - **Ikhi 2: Ukufaka Kwezincwadi:** - Ukunqanisa izindawo zezwe kwaye zithathwe ngaphakathi kwemithandazo yokuba nje ngaphezululwazi. (Explorez les environnements et les personnes qui favorisent ou entravent votre guérison.) - **Ikhi 3: Ukufaka Kwe-Self-Care:** - Izinyawo zezwe zokubula, zithathwe ngaphakathi kwe-self-care, ngeesingafisi okunqanisa emathandazelo yok	uqala kwaye uyadlingana, ukunqanisa umthetho wakho. - Ukuzothanda ukuphepha ngokwemithandazo yethu ngaphezululwazi kokugcweleka. 2. **Uthathwa kwe-umgodi we-recovery:** - Umngani wethu, umthetho wakho uyadliwa kwemithandazo yomsebenzi okunqanisa. - Ukuzothanda ukuphepha ngokwemithandazo yokugcweleka kwaye uyakho eli-nje geesibini. 3. **Iintetho zezwe:** - Ukunqanisa izithu zokubona nge-recovery, zokufaka, zokuphepha. - Ukuzothanda ukuphepha ngokwemithandazo yokugcweleka kwaye uyakho eli-nje geesibini. 4. **Uthathwa kwe-umgodi we-support:** - Ngaphakathi kwemithandazo yethu, uqala kwaye uyadlingana, ukunqanisa umthetho wakho. - Ukuzothanda ukuphepha ngokwemithandazo yokugcweleka, ngezinye iintetho ezimbini. 5. **Iintetho esingafani:** - Ukunqanisa izithu zokubona nge-self-care, zokufaka, zokuphepha. - Ukuzothanda ukuphepha ngokwemithandazo yokugcweleka kwaye uyakho eli-nje geesibini. 6. **Uthathwa kwe-umgodi we-resiliency:** - Ngaphakathi kwemithandazo yethu, uqala kwaye uyadling	a continuous block of text, formatted as per your guidelines (no labels, preamble, etc.). However, I can ensure that the translation adheres to the rules you've outlined for structure, tone, and safety terms. Please share the source content or specific sections you need translated from English to Zulu, and I will deliver the localized text accordingly.

Isithathu esiphakadeni ephakadeni	Izigxo zokubalwe ngaphezulweni yomtwaningi ezintathu.	Ukuqala ephakadeni, ukuphepha kwe-front, ukusizela izibanda.
Isithathu esiphakadeni kwemida yonke iintambo ezinculunje zonke, kwaye umgodi ophakade okwemida yonke iintambo ezingaphakathi. (Iwele zokubalwa kwemida yonke iintambo ezinculunje zonke, kwaye isithathu esiphakadeni kwemida yonke iintambo ezingaphakathi.)	Yumla eziyafika zokugqirha ngemithandazo yasekhaya kwaye zihlela izinto ezinculunje zoohlu. Izululwazi: 1. **Isiqala esingaphakathi:** Izitshatso zezwe ngemithandazo yokugqirha, zikhetha ukuphathwa kwemithandazo yasekhaya kwaye zihlela izinto ezinculunje. 2. **Umlazi wemithandazo:** Ukufaka ulwazi okushayisela ngemithandazo yokugqirha, zikhetha ukuphathwa kwemithandazo yasekhaya kwaye zihlela izinto ezinculunje. 3. **Isiko esingaphakathi:** Isiko esingaphakathi zezwe ngemithandazo yokugqirha, zikhetha ukuphathwa kwemithandazo yasekhaya kwaye zihlela izinto ezinculunje. 4. **Ukufaka ulwazi okushayisela:** Ukungakhetha ukuphathwa kwemithandazo yokugqirha, zikhetha ukuphathwa kwemithandazo yasekhaya kwaye zihlela izinto ezinculunje. 5. **Isitshatso esingaphakathi:** Isitshatso esingaphakathi zezwe ngemithandazo yokugqirha, zikhetha ukuphathwa kwemithandazo yasekhaya kwaye zihlela izinto ezinculunje.	## Ukuqala ukuphepha: Intshirisi yomgqisano (Session 1) **Intshirisi:** 1. **Uphakadwe kwezinye isiko:** Izinye zokufaka azayiswa ngemini yethu, ngesizwe esingaphakathi nge-Recovery Kernel. Ukuqala ukuphepha liyabuya ezinye intambo zokugqirha ngaphezulu kwe-self-care. 2. **Uthanda ukunqanawa:** Ukunqanawo kokuhlola ephakadwe nge-Naloxone, isikhumbu ko-COMT, DRD2, MTHFR, ngokwemithandazo yethu yokubona umgqisano. 3. **Isithembiso sosinje:** Ukuzithanda ukunqanawa kwe-Blueprint, isithembiso sise-findahelpline.com, zibuyiselwe ngemini yethu kwaye zithathwe nge-self-care. 4. **Uphakadwe kwe-self-care:** Ukuqala ukuphepha liyabuya ezinye intambo zokugqirha ngaphezulu kwe-self-care, ngokwemithandazo yokubona umgqisano okunqanawa. 5. **Umalungisa nge-Recovery Kernel:**

		Ngaphakathi kokuhlola, uqala ukuphepha liyabuya ezinye intambo zokugqirha ngaphezulu kwe-Recovery Kernel. Ukuzithanda ukunqanawa kwe-self-care liyabuya ezinye imiphumo yokubona umgqisano.
Umgodi wumfihlisekile (kwi-Psychodrama Module 1)	# Umntu amabini: Isiko zokubalwa ## Ukungakhetha 1. **Isiko zokubalwa**: Ukufika ukugcweleka isiko esingafani ngemida yadumiso edlulunqulweni. Ngaphezulu kwaye ngaphesha, umntu amabini ayisebenzisa ngeesikhalasho esingafani. 2. **Intetho yokubalwa**: - *Ukuzithanda*: Ukungakhetha ukuzithanda kwemida yadumiso edlulunqulweni kwaye uqala eli-10-15 minuti. - *Ukhothathelwe*: Isiko zokubalwa ayisebenzisa ngeesikhalasho esingafani, ngenye isiko esingaphakathi esithathu. 3. **Umntu amabini**: - Ukufika ukugcweleka isiko esingafani, uya kufaka emida yadumiso edlulunqulweni. - Ukuzithanda kwemida yadumiso, uya kuhlangana ngeesikhalasho esingafani. - Ukufaka isiko zokubalwa ngemida yadumiso, uya kufaka emida yokuphathwa kwe-10-15 minuti. 4. **Ukhothathelweni ku**: - *Isiko esingafani*: Isiko esingaphakathi esithathu ayisebenzisa ngeesikhalasho. - *Emida yokuphathwa*: Emida yadumiso edlulunqulweni ayisebenzisa kwe-10-15 minuti. 5. **Ukuzala**: Uya kugcweleka isiko zokubalwa ngemida yadumiso, uya kufaka emida yokuphathwa, kwaye uqala eli-10-15 minuti.	Ephakadeni kwaye ukungaphi umfana wemithandazo yethu, zikunqulunjeza ngophaseli phakathi. **Explanation:** * **Ephakadini kwaye...** - Only once... * **ukungaphi umfana wemithandazo yethu** - trust is built between us * **zikunqulunjeza ngophaseli phakathi** - not in the first session. This translation maintains a warm and direct tone, reflecting the emotional register of the original phrase while ensuring naturalness in Zulu.
Emergency numbers visible	988 and 911 posted or stated at opening	# Umgodi wakho waphakathi

		nakumelwe nge-Recovery Kernel Ukuzithanda kwe-Self-care: 1. **Isifundo esingafini:** Ukufika ukuphepha umgodi wakho, uya kuhlela ngokwemithandazo yethu yokubulala ephakathi kwemidibelo engu-self-care. 2. **Umlazi okunqanabisa:** Ukungaphi isiko esingafini, ukuphepha umgodi wakho kwe-PDF, uya kuhlela ngokwemithandazo yokubulala ephakathi kwemidibelo engu-recovery. 3. **Isithembiso sokuphatha:** Ukuzithanda kwe-meditation, umgodi wakho angaphi isithembiso sokuqondisa ngokwemithandazo yokubulala ephakathi kwemidibelo engu-self-care. 4. **Umlazi okunqanabisa emithandazelo:** Ukungaphi umlazi wemithandazelo yethu, uya kuhlela ngokwemithandazo yokubulala ephakathi kwemidibelo engu-recovery. 5. **Isifundo esingafini okunqanabisa:** Ukufika ukuphepha umgodi wakho kwe-workbook, uya kuhlela ngokwemithandazo yokubulala ephakathi kwemidibelo engu-self-care. 6. **Umlazi okunqanabisa emaphi:** Ukungaphi umlazi wemaphi yethu, uya kuhlela

		ngokwemithandazo yokubulala ephakathi kwemidibelo engu-recovery. 7. **Isithembiso sokuphatha okunqanabisa:** Ukuzithanda kwe-mindfulness, umgodi wakho angaphi isithembiso sokuqondisa ngokwemithandazo yokubulala ephakathi kwemidibelo engu-self-care. 8.

 # Ukufika ukuthathwe umthetho wam

Ici ngenye imezelo zam, ukunqanise amagugululo akho yase-Recovery Kernel. Ukuphepha umthetho wam kwe-participants yabangumfana ngokwemithandazo yethu yokubula ekuzala kwimfasi zokudlula.

1. **Isiqhiya isiko: Ukufika ukuthathwe ngeesithe esihlabathi, kwaye uza kubona umthethwado yabangumfana yokubula ekuzala kwimfasi zokudlula.**

2. **Umlazi wemithandazo:**
- Ukuzala kwemithandazo yethu yokubula ekuzala kwimfasi, ukunqanise amagugululo akho kwe-supporters, umgidi we-family, isithe esihlabathi, kwaye umgidi wemithandazo yabangumfana.
- Ukufika ukuthathwe ngeesithe esihlabathi ezingaphakade, zingaphi iindlela ezintathu zezulu kwe-participants pothetha.

3. **Isiko sokubala:**
- Ukunqanise amagugululo akho kwe-facilitators yokuphathwa kwemithandazo yabangumfana.
- Ukuzala kwemithandazo yethu, ukunqanise isiko sokubala esingaphakade, ngokwesiqhiya esihlabathi esingafini.

4. **Umlazi wemina:**
- Ukuphepha umthethwado yabangumfana yokubula ekuzala kwimfasi zokudlula, ukunqanise amagugululo akho kwe-minzi wemina yokuphathwa kwemithandazo.
- Umlazi wemina wakhe phakathi kwemithandazo yabangumfana, ngokwesiqhiya esihlabathi esingaphakade.

5. **Ukuz

Izinto ezithathwe kwezolo zonke zokufika ukuphepha izincwa ezintathu ze-recovery, phakathi kweziyafaka zokubula ephakadeni. Umnandi uye-skeptical ngaphezulu kwe-religious, yonke imfihlyo yemathathu yokuphatha emithandazelo, okuqondisa iindawo ezintathu zezibini, kudlula ukuphepha izincwa ephakadeni zokufika ukucacile.

Kuzakhe isithathu zokugqala ngaphezulweni zezwe:

1. **Yizikwele zomdaka:** Isithembiso sosinqanaba nge-Naloxone, isicelo sokuhlola kwezolo ephakadeni.
2. **Ezinye izikwele zokugqala:** Wena ukungaphezule, umgidi wam nge-COMT, DRD2, MTHFR, kwaye yizimkela ezintathu zezwe.
3. **Platforma online:** Findahelpline.com uyakho isithembiso sosinqanaba nge-recovery, ngokwemithandazo yokuhlola kwemiyakazi eyadliwayo.
4. **Komuniti kwe-peer support:** Isithembiso sosinqanaba zokugqala zivuselela ngaphezulweni zezwe, kudlula ephakadeni yokuphathwa kwemiyakazi.

Umngani wakho kwaye iziqela zezwe zaphakadeni kwimfasa yethu. **(IsiZulu: Emangani yako, ngaphezulunye zoziqela zokubalwa kwezimfasa zethu.)**	**Umngani wakho kwaye ikhokelo zakho zivumelwe ngaphesheya kokuhlola e-Recovery Kernel. Ukuzithanda ukuphepha, umgidi wakho, kwaye uqondisa ukucacileyo, isikhumbuzo sasingafihlisekile yadumelo.** **1. **Uthanda Ukunqanawa:**** **- Izitandza zokubalwa ngaphesheya kokuhlola e-Recovery Kernel.** **- Ukuzithanda ukuphepha kwe-PDF, isikhumbuzo sasingafihlisekile yadumelo, kwaye umgidi wakho.** **2. **IsiNgephakadisi:**** **- IsiNgephakadisi zokubalwa ngaphesheya kokuhlola e-Blueprint.** **- Ukuzithanda ukuphepha kwe-findahelpline.com yabangumelo ibhalwe ngemini yadumelo.** **3. **Umbiko Ukucacileyo:**** **- IsiNgephakadisi esingafihlisekile zivumelwe ngaphesheya kokuhlola e-COMT, DRD2, kwaye MTHFR.** **- Ukuzithanda ukuphepha kwe-naloxone (isikhumbuzo sasingafihlisekile yadumelo) ibhalwe ngemini yadumelo.** **4. **Umlazi Ukucacileyo:**** **- IsiNgephakadisi zokubalwa ngaphesheya kokuhlola e-Recovery Kernel, isithathu esingafihlisekile zivumelwe ngaphesheya kwe-findahelpline.com.** **5. **Ukuzithanda Ukuphepha:**** **- Ukuzithanda ukuphepha kwe-DRD2, MTHFR, kwaye isikhumbuzo sasingafihlisekile yadumelo.** **- Uqondisa ukucacileyo kwaye umgidi wakho.** **6. **Umlazi Ukunqanawa:**** **- IsiNgephakad**	**# Ukuzithanda ukuzivumelana: Isikhefela esingaphakadeni** **Ukuzithanda ukuzivumelana ngemida yethu yasekhaya kwaye uqondisa impendle yengeke yadumiswa ephakadeni. Iini zithanda, zithathelwe ngokwemida yokubulala, okunqandahla, kwaye okucacileyo.** **## Ukufika ukuzivumelana:** **1. **Uthanda isikhefela:** Ukuphatha umdaka wethu kwe-self-care, uyakwenzela ephakadeni yokubulala, okunqandahla, kwaye okucacileyo. Ukuzithanda ukuzivumelana ngemida yethu yasekhaya kwaye uqondisa impendle yengeke yadumiswa ephakadeni.** **2. **Uthola ephakadeni:** Isikhefela esingaphakadeni zithathelwe ngokwemida yokubulala, okunqandahla, kwaye okucacileyo. Ukuzithanda ukuzivumelana ngemida yethu yasekhaya kwaye uqondisa impendle yengeke yadumiswa ephakadeni.** **3. **Uyafika kwemida yokubulala:** Ukuphatha umdaka wethu kwe-self-care, uyakwenzela ngokwemida yokubulala. Ukuzithanda ukuzivumelana ngemida yethu yasekhaya kwaye uqondisa impendle yengeke yadumiswa ephakadeni.** **4. **Uthanda umdaka wemida:** Ukuphatha umdaka wemida yokubulala, okunqandahla, kwaye okucacileyo. Ukuzithanda ukuzivumelana ngemida yethu yasekhaya kwaye uqondisa impendle yengeke yadumiswa ephakadeni.**
Izinto ezintatho zezwe ngaphezululwazi	Isikhumbuzo esiphakadeni ngemidya yasekhaya:	Ngemithunzi kwemibuzo eyadliyena ukuzivumelana

kwezithanda zokugqirha ekupheleni kwemithandazo yasekhaya, izitshatso zezwe ngaphezululwazi kwaye izithanda zokugqirha ephakadeni. Ukungakanani ngezinseko ezintatho zokugqirha, phakathi kwe-Naloxone, COMT, DRD2, MTHFR, ngaphezululwazi kwaye isitulo sasekhaya, ukunqanisa imithandazo yethu nge-Blueprint.
 	
Izihlazo zokugqirha ezintatho:
 	
1. **Ukufaka ulwimi:** Ukungakanani ngezinseko ezingaphezululwazi kwaye uzimfaka ulwimi okunye ne-Recovery Kernel.
2. **Isitulo sasekhaya:** Isithandazo sosinqanisa ngemithandazo yethu, zokugqirha kwemithandazo yasekhaya, nge-findahelpline.com.
3. **Ukuzala eliNaloxone:** Ukuzala eliNaloxone kwaye ukunqanisa iqela zezwe ngaphezululwazi kwezithanda zokugqirha.
4. **Isitulo sosinqanisa:** Isitulo sasekhaya sosinqanisa nge-DRD2, MTHFR, kwaye isitulo ezintathu zezwe ngaphezululwazi.
5. **Ukufaka ulwimi lwezithanda:** Ukungakanani ngezinseko ezingaphakadeni kwaye uzimfaka ulwimi lwezithanda zokugqirha.
6. **Ukuzala eliCOMT:** Ukuzala eliCOMT kwaye ukunqanisa iqela ezintathu zezwe
	- **Uphakadisi kwe-meetings:** Isithathu esingaphakathi nge-Recovery Kernel, umnandi phakathi kwemida yethu. Ukuzivumela ukupha ka-faka nge-fundo, uza kubona isiko esingaphakathi nge-community.
	
	- **Isikhumbuzo nesithemba:** Ngaphezulunje kwe-meetings, isithathu esingaphakathi ngemida yethu. Ukuzivumela ukucacilela, ukuphepha, no uqondisa umdaka wethu. Isiko esingaphakathi nge-fundo yadiza kwe-support, kwe-counseling, no u-harm reduction.
	
	- **Uphakadisi kwe-post:**
	  - Izitanda zokubalwa ngemida yethu.
	  - Ukuzivumela ukucacilela nge-group yasekhaya.
	  - Isithathu esingaphakathi ngemida yethu yadiza kwe-share, u-reflect, no u-learn phakathi.
	
	- **Ukuzivumela nge-fundo:**
	  - Ukuzivumela ukunqanisa isiko esingaphakathi nge-funda yasekhaya.
	  - Isithathu esingaphakathi ngemida yethu yadiza kwe-access resources, zokubalwa ngemida yethu, no u-connect kwemida yethu.
	
	- **Uphakadisi kwe-faka:** Ukuzivumela ukucacilela nge-faka nge-support muthi. Uza kubona umdaka wethu phakathi, isiko esingaphakathi nge-community yadiza kwe-nje.
		ngesizwe esingaphakathi kwaye izinculunje zokubalwa ngaAA, phakathi kwezithanda ezintathu ezinculunje.

ngaphezululwazi.		
# Umngani wumfihlisekileyo - **Umgodi wezithanda zokubalwa:** Izithanda zokugqirha ngemida, emaphi yomgodi omlazi, kwaye umgodi wembali we-COVID-19. - **Isithembiso sokuhle:** Ukufika ukuphepha imithandazo engu-addiction, isithembiso sokuhle phakathi kwemidwebo yethu. - **Umbono wumfihlisekileyo:** Ukubalwa ngokwesiqendu esingaphakathi, emaphi yomgodi oyedwa, kwaye umbono wakho wayezululwazi kwemida. - **Isitulo sokuhle:** Ukuzithanda ukuphepha imithandazo engu-mental health, isitulo sokuhle phakathi kwe-Zulu land. - **Umgodi we-Naloxone:** Iziqendu esingaphakathi izithanda zokugqirha ngemida yabangena, umgodi we-Naloxone uyadliwa kweziyimfihlisekileyo. - **Findahelpline.com:** Ikhonza okunye isithembiso sokuhle, umngani wumfihlisekileyo, kwaye umgodi wezithanda zokugqirha ngemida.	Partner with local needle exchanges, naloxone distributors, outreach workers	"Ndiyabulela ekuzwa kwemithanda eyadliwayo ngesizwe esingafini. Izazisa kwezi zokufika ezintatho."
Ikhothakatho e-social media (Redit, umGadi yaseFacebook, Discord) 1. **Ukufika ukunqanawa:** - Ngiyafika kwe-online, ngikhetha	# **Ukuzithanda ukuphepha: Iintetho zokubalwa ngaphezululwazi** Ephakade, umthethisi waphesheya kwe-recovery, uyaxhasa imeyide ephakadeni phakathi kwe-addiction.	IsiZulu: Ukuzithanda ukuphepha kwe-GitHub okoqaleni, okeenye isitulo sosinqanabisa iintambo zezwe. Ukufika kwe-archive.org, uze nge-URL, ukuphathwa ngokwemithandazo yethu

ukuthanda ukuzithanda kwemibuzo engu-social media. 2. **Ungakhetha ukunqanawa:** - Ukufaka eli-Redit, umGadi yaseFacebook, oka Discord, ngokwesiqala isiko esingafani nge-online communities. 3. **Ukuzithanda kwemibuzo:** - Ukungakhetha ukunqanawa kwe-social media, uza kugqala isiko esingaphathwa nge-support groups, ngokwesiqala isiko ezinamla ane-addiction, depression, okochwabini. 4. **Ukufaka eli-online support:** - Ukuzithanda kwemibuzo yase-social media, ungenisela ukunqanawa kwe-recovery, ngokwesiqala isiko ezinamla ezintathu zivuselekileyo. 5. **Ukuzathula okungafihliseka:** - Ukufaka eli-Redit, umGadi yaseFacebook, oka Discord, ungenisela ukunqanawa kwe-self-care, ngokwesiqala isiko ezinamla ezintathu zivuselekileyo. 6. **Ukuzithanda kwemibuzo engu-recovery:** - Ungakhetha ukunqanawa kwe-recovery groups, ungenisela ukunqanawa kwe-support, ngokwesiqala isiko ezinamla ezintathu zivuselekileyo. 7. **Ukufaka eli-find a	Ukuzithanda ukuphepha kwemithandazo yethu ngaphezululwazi yasekhaya ye-AA (Alcoholics Anonymous) uyanisela iveko zezulu ezintathu zokubalwa ngaphezululwazi. Ici, umgidi wamathathu, umgidi okuqala kwemithandazo yethu, ukunqanisa iinqaba zezulu kwe-recovery: 1. **Uphakadisi zokubalwa:** - Izitanda zokugqirha: Ukuzithanda ukuphepha kwe-self-care, umgidi okoqala kwemithandazo yethu ngaphezululwazi. - Iintetho ezintathu: Ukunqanisa iinqaba zezulu kwe-meditation, yoga, ama isiko esingaphakathi. 2. **Ukuzathanda ukuphepha kwemithandazo yethu:** - Ukufaka: Ukuzithanda ukuphepha kwe-support muthiwile, umgidi wamathathu awo ngaphezululwazi. - Iintetho zezulu: Ukunqanisa iinqaba zokubalwa ngaphezululwazi, kwaye uza kubona ukucacileyo. 3. **Ukufaka amathuba:** - Ukuzithanda ukuphepha kwe-self-reflection: Ukunqanisa kwemithandazo yethu, ukungakhetha umgidi wamathathu, ama ukuzithanda ukuphepha kwe-journaling. - Umdala amathuba: Ukuzithanda ukuphepha kwe-counselling ama uqongileyo ngaphezululwazi. 4. **Ukuzathanda	yokuphepha kwe-recovery kernel. Lethetha intambo engu-15 ephakade ezingaphantsi kwemithandazo yomxamlo okunqanaba. (Translation: Visit the GitHub or archive.org link to access the materials directly. On archive.org, search for the URL of our Recovery Kernel resources. These 15 modules are designed to support your recovery journey.)

helpline:** - Ukuzithanda kwemibuzo yase-social media, ungenisela ukunqanawa kwe-accessing helplines, ngokwesiqala isiko ezinamla ezintathu zivuselekileyo. 8. **Ukuzathula okungafihliseka nge-online:** -		
Izinyawo zezwe kwaye ezingaphansisweni ezintathu 1. **Izakhi zokubalwa:** Izinyawo zezwe kwaye ezingaphansisweni ngemithandazo yasekhaya, isitulo sosinqanaka, kwaye isitulo sosinqanaka ngemithandazo yabangakorha. 2. **Ukufunda ukuzithanda:** Ukunqanisa izinyawo zokubalwa kwemithandazo yasekhaya, kwaye uzithanda nakwenzela ezinamandla ezintathu zokugqirha isitulo sosinqanaka. 3. **Izakhi zezwe:** Izinyawo zezwe kwaye ezingaphansisweni ezintathu, ngokwesiqendu esingafini, kwaye uyakho ukuphepha kwemithandazo yabangakorha. 4. **Ukufunda isitulo sosinqanaka:** Isitulo sosinqanaka ngemithandazo yasekhaya, ngokwesiqendu esingafini, kwaye uyakho ukuphepha kwemithandazo	Isithakatho esiphakadeni zonke zokubalwa e-waiting room: - **Guida e-facilitation (Facilitator Guides):** Ukuzithanda ukuzithula kwemibuzo yemiphumo yase-recovery, isithakatho soba nge-intake zokubalwa e-waiting room. - **Formularo de Intake:** Isithakatho sosinqanisa ngemibuzo yemiphumo yase-recovery, uye kwaye uzelela emiwaye kwe-waiting room.	Ukuzithanda kwemida yomgqisano ngemizimfakazelo ezinamla nge-discharge? (Translation: Do discharge coordinators agree to distribute this material?)

yabangakorha. 5. **Isitulo sosinqanaka ezingaphansisweni:** Isitulo sesezwe kwaye ezintathu zokugqirha isitulo sosinqanaka, ngokwesiqendu esingafini, kwaye uyakho ukuphepha kwemithandazo yabangakorha. 6. **Ukufunda ezinamandla:** Ukunqanisa ezinamandla ezintathu zokugqirha isitulo sosinqanaka, ngokwesiqendu esingafini, kwaye uyakho ukuphepha kwemithandazo yabangakorha. 7. **Ukufunda ukucacile:** Ukunqanisa ukucacile okunye ngezinamandla ezintathu zokugqirha isitulo sosinqanaka, ngokwesiqendu esingafini, k		
IsiZulu: Ezigaphi zezwe ngesizwe esingaphambili kwaye institusi yezwe ezingama-10 iziqela ezintathu zokubalwa kwemibuzo yokuhlola, isitulo sokuhle, kuzikodwa emanzini, kwaye kudlula ezinamandla ezintathu. Ikhonza eli-Recovery Kernel, ungenze umngani wemithandazo yomtwaningi kwemibuzo yokuhlola, isitulo sokuhle, kuzikodwa emanzini, kwaye kudlula ezinamandla ezintathu. Ikhonza eli-Blueprint, ungenze umngani wemithandazo yomtwaningi kwemibuzo yokugqirha	Ukufika kwe-library coordinator - ikhankanyo zezwe zaphakadeni ngemithandazelo yase-CC0 (iintambo yamagqirha).	Izigxelo zelulafanayo zwimfihlo ezingaphakadeni kwe-Recovery Kernel, ngokwemithandazelo yasezise emanzini kwaye emithandazo yabangiswa. (Izithete zokubalwa kwe-Compendium yabathanda ukuhlangana kwemithandazo yabangiswa kwe-Recovery Kernel.)

isitulo sokuhle, ngezingama-10 iziqela ezintathu zokubalwa kwemibuzo yokuhlola. Ukufika kwe-findahelpline.com, ungenze isikhelo sethu esingaphambili kwaye institusi yezwe ezingama-10 iziqela ezintathu zokubalwa kwemibuzo yokuhlola.		
Umngani wakho ekuphathwa kwe-LGBTQ+: - **Iintlanga zezwe:** Isitulo sokuhle, isikhumbuzo sosinqanaba, namahola aye-kudla kwemithandazo yasexualita ezinamando. - **Umlazi wemiholwa:** Umgodi okuqulunqelwa kwe-LGBTQ+ iindlela yokubona, isitulo sokuhle, namahola aye-kudla kwemithandazo yasexualita ezinamando. - **Umlazi wemiholwa emithanda:** Isitulo sosinqanaba, okunqulunqelwa kwe-LGBTQ+, isikhumbuzo sosinqanaba, namahola aye-kudla kwemithandazo yasexualita ezinamando. - **Iintlanga zezwe kwe-online:** Isitulo sokuhle, isikhumbuzo sosinqanaba, namahola aye-kudla kwemithandazo yasexualita ezinamando, ngokwesiqendu esingaphakathi. - **Umlazi wemiholwa kwe-support:** Umgodi okuqulunqelwa kwe-LGBTQ+ iindlela yokubona, isitulo	Izigxelo zokufaka ukuphepha i-Recovery Kernel phakathi kwe-umgodi owemithandazo yabangiswa (minority groups) ezingaphi zezulu.	Izitandekile yomgqo okunye nge-biologi, uyahla ngumgqo okuzithanda kuzithanda ezinamando zonke. Uyaniswe kwaye uzithathwe ngemva kokubalwa kwemida ezingaphi.

sokuhle, namahola aye-kudla kwemithandazo yasexualita ezinamando, ngokwesiqendu esingaphakathi. - **Umlazi wemiholwa kwe-advice:** Isitulo sosinqanaba, okunqulunqelwa kwe-LGBTQ+, isikhumbuzo sosinqanaba, namahola aye-kudla kwemithandazo yasexualita ezinamando, ngokwesiqendu esingaphakathi. - **Umlazi wemiholwa kwe-resourcer:** Isitulo sokuhle, isikhumbuzo sosinqanaba, namahola aye-kudla kwemithandazo yasexualita ezinamando, ngok		
Isithakazelo ephambili yokubanda ngesizwe esingaphambileyo, kwaye ingxenyeni yokuphathwa kwemithandazo yasekhayisela. **Ukuzothisa:** 1. **Uzolwazi okunqulunqelwa:** Uculisa amabini akho, ukungakhetha umthetho wakho, kwaye uza kubona isikhumbuzo esingaphambileyo. 2. **Uphathwa kwemithandazo:** Isithakazelo sethu sisizwe ngokwemithandazo yasekhayisela, kwaye siya ezinamla ngeesigidi ezintathu. 3. **Ukuzala eli-Naloxone:** Uculisa amabini akho kwaye uzolwazi kwemithandazo yokubanda ngesizwe esingaphambileyo,	Ukuzithanda kwe-Healthcare Provider: Ndihlabisa inyaniso yomdaka yokucacileyo ngemini yasekhayiselo zezwe. Ukufika ukuphepha umgidi okoqulunqeneleyo ngemini yabangakorho, isiphela esingaphakathi nge-Recovery Kernel, kwaye uza kubona umgidi okucacileyo ngemini yabangakorho. Ndihlabisa inyaniso: 1. Ukufaka ukunqandakanyo kwe-Naloxone (isikhelo esingaphakathi nge-DRD2) kwizwe ephakadeni phakathwade yabangakorho. 2. Isi qondisa umgidi okucacileyo ngemini yabangakorho, kwaye uza kubona umgidi okoqulunqeneleyo nge-COMT. 3. Ukufaka ukunqandakanyo kwemithombo yamathathu (MTHFR) ephakadeni phakathwade yabangakorho, zivuselela kwe-Blueprint. 4. Isi phakathi esingaphakathi nge-findahelpline.com uyeza kubona umgidi okucacileyo ngemini yabangakorho.	Izinamla ezuluwami ngemithandazelo yomdaka, i-1 ephakadeni kwaye ibhalwe nge-group.

ngokwesiqendu sesivumelwano sethu. 4. **Isithembiso sokuphathwa:** Ukuzala isithembiso sasekhayisela kwaye sisizwe ngeesigidi ezintathu, ngokwesiqendu esingaphambileyo. 5. **Uphakadeli kwemithandazo yasekhayisela:** Uculisa amabini akho kwaye uzolwazi kwemithandazo yokubanda ngesizwe esingaphambileyo, ngokwesiqendu sethu. 6. **Ukuzala eli-COMT/DRD2/MTHFR:** Ufaka isithembiso sasekhayisela kwaye sisizwe ngeesigidi ezintathu, ngokwesiqendu esingaphambileyo. 7. **Isithakazelo sethu:** Isithakazelo sethu sisizwe ngokwemithandazo yasekhayisela, kwaye siya ezinamla ngeesigidi ezintathu.	Ukuzithanda ukuphepha umgidi okoqulunqeneleyo, isiphela esingaphakathi nge-Recovery Kernel, kwaye uza kubona umgidi okucacileyo ngemini yabangakorho yokubuyi kwe-COMT, DRD2, MTHFR, kwaye naloxone.	

Umgodi wakho ukuzithanda: Ukwena ngesizwe esingaphakathi

Ukungaphi kweumgodi

1. **Isithathu esingafaka:** Ukufika kweumgodi zokubona nge-meetings, umgodi wakho phakathi kwemibuzo ye-12 i-30. Umgodi wami waqala ngokwemithandazo yethu yokuphathelwa.

2. **Ukuzithanda kwe-private:** Ukungaphi kweumgodi ephakathi kwemibuzo yethu, isitulo sokuhle ke ngeesingaphakathi esingafaka. Ukuzithanda ukunqanisa ngokwesiqendu esingaphakathi yokuphathelwa.

3. **Isiko zokubalwe:** Ukungaphi kweumgodi ephakathi kwemibuzo yethu, isitulo sokuhle ke ngeesingaphakathi esingafaka. Ukuzithanda ukunqanisa ngokwesiqendu esingaphakathi yokuphathelwa.

4. **Ukufika kwe-online:** I-meetings online phakathi kwemibuzo yethu, umgodi wakho akha iindlela yokuzithanda. Ukuzithanda ukunqanisa ngokwesiqendu esingaphakathi yokuphathelwa.

5. **Isitulo sokuhle:** Ukungaphi kweumgodi ephakathi kwemibuzo yethu, isitulo sokuhle ke ngeesingaphakathi esingafaka. Ukuzithanda ukunqanisa ngokwesiqendu esingaphakathi yokuphathelwa.

Iinaphi ephakadeni phakathi kweesibini, amagqisana ane-setup yonke into eyengxenyelweni kwemidaba ukuza kuholela. Ukuphepha kwemithandazelo yasekhaya kwe-neurochemical ephakadeni kokugqirha ngaphezulunqaniso kweesibini. Ukuzithanda phakathi kwe:

- **Amathuba:** Ukufika ukusiza amathuba emithandazelo yasekhaya, ngokwemithandazo yonke iintambo zezulu.
- **Iintambo engu-setup:** Ukuphepha kwemida ephakadeni yokugqirha ngaphezulunqaniso, ngezinye izitatho zokubuya ngapheshiwe.
- **Ngenze isikhumbuzo:** Ukuzithanda kwe-self-care, ngezinye iintambo zezulu zokugqirha ngaphezulunqaniso yasekhaya.
- **Umbono omdalala:** Ukuphepha kwemida ephakadeni yokubuyiswa ngapheshiwe kweesibini, ngezinye izitatho zokugqirha ngaphezulunqaniso yasekhaya.
- **Amabini:** Ukuzithanda kwe-mindfulness, ngezinye iintambo zezulu zokubuya ngapheshiwe kweesibini.

Ukuzithathwa ngomgqo wemnyango yase-public

Izinamla zokuphathwa ezingaphi ezintathu, ngaphesha ukuzithanda ngomgqo owazisixhenze 45 minuti, umgidi wakho akumfana ephakade eku 3.

Isithathu esiphakadeni ngokwemithandazelo yasekhaya.

Umgodi wakho ngemithandazelo yomtshini owawo:
Ngokwesiqendu esingaphakathi, ukungakani kwe-row nge-seating. Umgodi wamathathu uye kwiindawo ephakadeni kwemibuzo.
Ngokwesiqendu esingaphakathi, umgodi wakho phakathi kwe-circle. Kwaye, ukungakani kwemibuzo eyadliwa ngaphelu yomtshini, zikugqirha isiko esithathu.

Umsebenzi okuphepha umdaka

Izigxo zokuphathwa ngamathathu amabini ephakadeni, kuzikhetha ukuphathwa kwemibuzo eyadli yonke into ezingaphantsi. Iincwadi ezintathu zonke zithathwe ngaphezululwazi elingaphakathi, zithathelwe ukuphathwa kwemibuzo ephakadeni.

Isithathu esingaphakadeni emithandazelo yase-sensori

Umzalo:

1. **Uphakadeli isikhumbuzo: Izitanda zokubalwa kwe-sensori (sight, sound, touch, taste, smell) phakathi kwemida ezingaphakadeni.**
2. **Isithathu esingaphakadeni: Ngaphezulunela ukupheka umgodi wesingafisi, isitulo sosinqanaka, ngokwesiqendu sesingafisi okushayisile.**
3. **Uphakadeli kwemida: Ukuzithanda kwe-sensori phakathi kwemida ezingaphakadeni, zikugqirha umgodi wesingafisi.**
4. **Isitulo sosinqanaka: Isitulo sasekhaya kwaye sihlabathi, ngokwesiqendu esithathu esingaphakadeni.**
5. **Uphakadeli kwemida ezingaphakadeni: Ukuzithanda kwe-touch (ngumgodi wesingafisi okushayisile), ukuzithanda kwe-smell, ukuzithanda kwe-taste, ukuzithanda kwe-sound (ngokwesiqendu sosinqanaka) phakathi kwemida ezingaphakadeni.**
6. **Isitandevu esingaphakadeni: Isitandevu sasekhaya, sihlabathi,**

ngokwesiqendu esithathu esingaphakadeni.
7. **Uphakadeli nge-naloxone (ngokwesiqendu yomtwaningi): Ngaphezulunela ukupheka naloxone phakathi kwemida ezingaphakadeni, ngokwesiqendu sosinqanaka okushayisile.**

Ukuzithanda eli-fluorescent ephakadeni yomgqo, isitho esingaphakathi kuyisika, kudlula amathathu emithandazelo yezinqanaba zokubalwa ngemini yonke. Iilanda eli-sunyeli kwaye isitho esingaphakathi ezisikwe siqondile.

Umntu onke amabini ukuhlola kwemithandazo yomsebenzi. Ukuzithanda ukuphepha kwe-honesti, umntu abanye phakathi phakathi.

Ngokubekwe kwaye izithunzi zomsebenzi zonke zathathwa ngamagqashiyo, izitshatso zakho zithathwe esiphakathi ephakadeni. Umnati wumfana nge-door zokugqaba. Ukuzululwazi ukuhlola ephakadeni yomxhabo yokufaka.

Izikwe zithathwa phakathi

Ukuzululwazi okunqanawa ngaphesheya kokuhlola e-session yadumiswa ngaphezulu kwe-week, ukungakho nge-room ephakathi ezingafihliseka zokubalwa. Izituna zokufika ekuzala kwemibuzo ethu, kudlula ekuqondileyo ngaphesheya kokuhlola ezweni.

Izinamla zokuphathwa kwe-venue:

- **Izitunzi zezwe: Iincwadi yomgqo wothathwe kwemithandazo yokuphatha, ngaphesheya kokugcweleka iintambo ezintathu.**
- **Iphakadeli yomgqo: Ikhonza ephakadeli ezingaphi zokuphathwa kwe-venue, ngokwemithandazo yokuphatha ukungafihliseka.**
- **Iziqhenye zokubalwa: Iincwadi zezwe zokugcweleka iintambo ezintathu, ngaphesheya kokugqela isitunu sasekhaya.**
- **Iphambili yomgqo: Ikhonza ephambili ezingaphi zokuphathwa, ngokwemithandazo yokuphatha ukungafihliseka kwe-venue.**
- **Iintambo ezintathu: Ukugcweleka iintambo zokunqulunqelwa, ngaphesheya kokugqela isitunu sasekhaya kwe-venue.**

Izinyawo ezikhetha

1. **Izinyawa zokubalwa - Sona ezinye izinyawa zokubalwa kwe-recovery, ngenze nge-support groups, therapy sessions, or any other community-based initiatives.**
2. **Izinyawa ephakadeni - Iziqela ezintathu zokugqirisa amagqisane, nge-rehab centres, hospitals, or clinics.**
3. **Uzalo owethu - Umsebenzi wemithandazelo yase-recovery, ngenze nge-counselling services, or any professional support structures.**

Izinto ezintatho ngaphezululwazi kwaye izithanda zokubalwa kwemithandazo yadumisana.

1. **Umlazi okunqanabisa:
- Izitshatso zokugqirha nge-recovery, isikhetha esivusele, kwaye umgidi wemithandazo yadumisana.**

2. **Umlazi okucacile:
- Ukuzithanda ukuphepha izitshatso ezintatho zokunqanabisa, kwaye uza kubona umgidi omdimfazeleyo yadumisana.**

3. **Umlazi okusebenzisa:
- Isi ngaphezululwazi esivusele, isitulo sosinqanabisa, kwaye**

 # Ukuzululwazi kwe-Recovery Kernel

Ukuzululwazi yase-Recovery Kernel kwemithandazo yokuphathwa kwemibuzo eyadla, ezinamla phakathi kwe-addiction, isikhumbuzo, kwaye umgidi wemithandazo. Iziqhiya zokubula ngophaseli phakathi kokugodunela ekuzala kwemibuzo eyadla.

Umngani Wethu

1. **Uphakadisi: Ukuzululwazi hlangana nge-addiction, isikhumbuzo, kwaye umgidi wemithandazo yabangela.**
2. **Isithembiso Sotso: Isiingxelo zezwe zokunqanisa ezinamla phakathi kwe-addiction, ngokwesiqendu esihlabati nge-umgidi wemithandazo.**
3. **Ukuzululwazi Kwe-Naloxone: Ukuzululwazi yase-Naloxone uyadliwa kwe-umfana**

4. **Izinyawa ephakathweni - Sona ezinye izinyawa ezintathu zokugqirisa amagqisane, nge-support networks, or online communities.**	**umgidi wemithandazo yadumisana. 4. **Umlazi okucala:** - Ukuzithanda ukuphepha nge-recovery kernel, naloxone, kwaye umgidi omdimfazeleyo yadumisana. 5. **Umlazi okunqanabisa ngemithandazo yadumisana:** - Isi ngaphakathi esivusele, isitulo sosinqanabisa, kwaye umgidi wemithandazo yadumisana.**	**wakho ngaphezulu kwemibuzo eyadla, isikhumbuzo, kwaye umgidi wemithandazo. 4. **Uphakadisi Kwe-COMT/DRD2:** Ukuzululwazi uyadliwa kwe-genetiya ezinamla phakathi kokugodunela ekuzala kwemibuzo eyadla, isikhumbuzo, kwaye umgidi wemithandazo. 5. **Uphakadisi Kwe-MTHFR:** Ukuzululwazi uyadliwa kwe-genetiya ezinamla phakathi kokugodunela ekuzala kwemibuzo eyadla, isikhumbuzo, kwaye umgidi wemithandazo. 6. **Uphakadisi Kwe-Blueprint:** Ukuzululwazi uyadliwa kwe-umfana wakho ngaphezulu kwemibuzo eyadla, isikhumbuzo, kwaye umgidi wemithandazo. 7.**
Izikhumbuzo zezwe ephakadeni yomunye - **Umlazi okuqulunje:** Ikhululi phakathi kwezivumelano zokugqaba ephakadeni, ngaphesheya kweziyimfihli ezintathu zezwe. - **Ikamelo engu-10:** Ukuphepha iqela lwezingaphi, 10 okuqulunje zokugqaba ephakadeni yomunye. - **Umlazi wemithandazo:** Izivumelano zezwe ngaphesheya kweziyimfihli ezintathu, zikungafihliswa kwemithandazo yabangisani. - **Ushumba lwezivumelano:** Ukuphathwa ukuzithanda kwemithandazo engu-15 minuti ephakadeni yomunye. - **Ikamelo engu-30:** Ukuphepha iqela lwezingaphi, 30 okuqulunje zokugqaba ephakadeni yomunye (ngokwesiqendu esingafihliswa).	Izinto ezintatho zomgqisano; isikhumbuzo esingaphakathi ephakadeni **Isiko:** 1. **Umlazi okunemile:** Isiqu (ngophakade) ezingama-30 ezinamla ephakadeni, zithathwe nge-meetings eziyimfihliswe esingaphakathi. 2. **Ukuzala eli-12 isiko:** Isiqu (ngophakade) ezingama-12 ezinamla ephakadeni, zithathwe nge-workshops eziyimfihliswe kuzala eli-recovery. 3. **Umlazi okunemile kwemibuzo:** Isiqu (ngophakade) ezingama-6 ezinamla ephakadeni, ukuphepha umlazi okunemile kwemibuzo yomgqisano. 4. **Isiko esingaphakathi:** Isiqu (ngophakade) ezingama-2 ezinamla ephakadeni, zithathwe nge-support groups eziyimfihliswe kwaye ezintathu zezulu. 5. **Umlazi okunemile kwemibuzo yomgqisano:** Isiqu (ngophakade) ezingama-1 ezinamla ephakadeni, ukuphepha umlazi okunemile	Izitandela zokubuya ephakadeni yokugodlimi kwemithandazo yomunye, ngaphesheya kwezi lokhu, umgidi wezintathu zezwe zokuphathwa kwe-registeri kwemibuzo yomunye.

	kwemibuzo yomgqisano, zithathwe nge-one-on-one sessions.	
Izinamileko zezwe ezingaphesheya kwezithanda ezintathu (Umngani wezincwa zokuphathwa kwemibuzo engu-10, 20, 50 ama 100, ngophakathi kokugqaba nge-public library.)	Izigxelo ephakadeni ekuzala 3–10; iindawo ezintathu kwe-re-entry yaphi yase-prison.	Izikhefika zezwe; ephakadeni phakathazele; ikhankanyo eli-stigma
Umgodi wemithandazo yokuphatha (umgodi wemithandazo) Kwiindawo ezintathu zezwe (kwiindawo ephakadeni) 1. **Uthanda ukuphepha:** - Ukunqanisa kwe-10 amabini okungafihliseka phakathi kwimfasi zokugqaba. - Ukuzulula ukuphatha ukungafihliseka, ngokwemithandazo yethu yokuphepha. 2. **Uthanda ukucacile:** - Ukunqanisa kwe-5 amabini okungaphezulwazi phakathi kwimfasi zokugqaba. - Ukuzulula ukucacile, ngokwemithandazo yethu yokucacile. 3. **Iintanda ezingaphantsi:** - Ukunqanisa kwe-2 amabini okungaphezulwazi phakathi kwimfasi zokugqaba. - Ukuzulula ukuzithanda ezingaphantsi, ngokwemithandazo yethu ezingaphantsi.	Ukuzululwazi okunqanawa: Izithunywa zokufaka emthezelo yemida ephakadeni ngaphezulu kwezi imeko zezwe. Umgidi wamathathu awuquka ukuzithanda kwemibuzo eyengxenyeni, ngokwesiqala esihlabathi esivumelane ne-COVID-19. Ukufaka emthezelo yethu: - Umlazi okunqanawa: Ukuphepha ukuzithanda kwemibuzo eyengxenyeni, ngokwesiqala esihlabathi esivumelane ne-COVID-19. - Ukucacileyo: Ukuseta ukuhlangana nge-faka-e-sekule, kwaye uza kubona umgidi wamathathu awuquka ephakadeni ngaphezulu kwezi imeko zezwe. - Ukunqanawa kwemibuzo: Ukuzululwazi okunqanawa kwe-faka-e-sekule, ngokwesiqala esihlabathi esivumelane ne-COVID-19, ephakadeni kokubona umgidi wamathathu awuquka.	Ukuzithanda kwezweni – zindawo zezwe zonke izinqanabisa ngemida yasekhaya. Ukufika eli-review iindlela ezintathu zokubalwa ngemida yasekhaya, kudlula ngesizwe esingafini.

4. **Uthanda ukucala (ukunina):** - Ukunqanisa kwe-1 amabini okungaphezulwazi phakathi kwimfasi zokugqaba. - Ukuzulula ukucala, ngokwemithandazo yethu yokucala. 5. **Uthanda ukuphepha ngezukunqaniso:** - Ukunqanisa isikhumbuzo esingaphakathi kwe-10 amabini. - Ukuzulula ukuphatha ngezukunqaniso, ngokwemithandazo yethu yokuphepha ngezukunqaniso. 6. **Uthanda ukucacile ngezukunqaniso:** - Ukunqanisa isikhumbuzo esingaphakathi kwe-5 amabini. - Ukuzulula ukucacile ngezukunqaniso, ngokwemithandazo yethu yokucacile ngezukun		
Umsebenzi wemithandazelo yomgqo wakho (IsiZulu translation for "LGBTQ+ Community Center" would be used in context, emphasizing a welcoming and supportive space.)	# Umgodi wemithandazo yomtshato (LGBTQ+) Iziqela zezwe: 1. **Umlazi okunye isikhumbuzo:** Isiingxelo zezwe zokufika emithandazo yomtshato, ngenze isiko esihlabathi kwe-LGBTQ+. Ukufaka ukuphepha umgodi osekhaya kwaye uqala ukunqanawa. 2. **Umlazi okunye indlela yomtshato:** - *Uphakadeli wezwe:* Ukucacilela isiko esingaphakathi kwe-LGBTQ+ ngokwemithandazo yomtshato. - *Uphakadeli kwe-all-	Isithakatho esiphakadeni kwaye umntu abanqulunqelwa ngaphesheya kokugcwelela isikhumbuzo sosinqanaka.

	inclusive:* Umgodi wemithandazo ayisebenzisa amagqisana okunye isikhumbuzo, ngenze ibhalwe emithandazo yomtshato yezulu. 3. **Iziweyo zokufika emithandazo yomtshato:** - *Ukufaka ukuphepha:* Umgodi wemithandazo ayisebenzisa amagqisana okunye isikhumbuzo, ngenze ibhalwe emithandazo yomtshato yezulu. - *Umlazi okunye imi qondiso:* Isiingxelo zezwe zokufika emithandazo yomtshato, kwaye umgodi wemithandazo ayisebenzisa intambo engu-100% ngemina. 4. **Umlazi okunye isiko esihlabathi:** - *Uphakadeli wezwe:* Ukucacilela isiko esingaphakathi kwe-LGBTQ+ ngokwemithandazo yomtshato, ngezinga umgodi wemithandazo ayisebenzisa intambo engu-100%. - *Uphakadeli kwe-all-inclusive:* Isiingxelo zezwe zokufika emithandazo yomtshato, ngenze ibhalwe amathuba okun	
Izigxelo zezwe ezingaphansisweni (iintambo) yase-treatment centre	Izigxeni zokuphathwa ngemithandazo yomdaka; amabini amancanani akhe phakathi kwezinye izindawo ezintathu.	Isithathu esiphakadeni kwe-treatment, ukuphepha ukungaphezulwazi kwemibuzo eyadliwa.
Izitandela zokubona nge-online: Zoom, Google Meet	Izinto ezintatho ephakadeni; ubuzwe kwemibuzo ezingaphakathi kwezwelene ngomsebenzi awo, kwaye umgidi wemithandazo yabangela.	Umsebenzi okuphathwa kwaye umgqisiko waphatha ephakadeni ngemini yomtwaningi, zithathelwe kwemibuzo ethi nge-online. Ukuzithanda ukuphathwa kwe-psychodrama na umgqisiko omnina, isitulo sasekhaya izivumelane zokubula ngokwemini yomtwaningi. 1. **Ukuzithanda Ukuphathwa:** - Ukuzithanda ukuphathwa kwe-psychodrama online, isithathu esihlawulwazi nge-role play na uqala eli-scene ephakadeni ngemini yomtwaningi.

		2. **Umgqisiko Phatha:** - Isitulo sasekhaya izivumelane zokubula ngokwemini yomtwaningi, zithathelwe kwemibuzo ethi nge-movement activities. Ukuzithanda ukugqisa umgqisiko phatha ephakadeni ngokwesiqendu esihlawulwazi kwaye isitulo sasekhaya. 3. **Isitulo Esingafun'iMibuzo:** - Zithathelwe kwemibuzo ethi nge-online, zikuphatha ukuphathwa kwe-role play na umgqisiko phatha ephakadeni ngokwesiqendu esihlawulwazi. Ukuzithanda ukugqisa isitulo sasekhaya izivumelane zokubula, ngezwiphi yomtwaningi kwaye nge-safety. 4. **Ukuzathula Kwemini Yomtwaningi:** - Ukuzathula kwemini yomtwaningi, uqala eli-scene ephakadeni ngemini yomtwaningi, na uqala eli-movement activities zithathelwe kwemibuzo ethi nge-online. 5. **Ukuzithanda Ukucacile:** - Ukuzithanda ukucacile kwaye ukuzathula
## Iilanda ezintathu (Library in Prison/Correctional Facility) **Umlazi wethu:** 1. **Isithembiso sosinqanabisa:** Ingxelo yokuphatha, isithembiso sosinqanabisa kwe-e-libhaka ngaphesheya kokugcweleka ukupha i-PDF, e-e-books, ama umgodi omlazi. 2. **Isiko zokubalwa:** Isiko zokubalwa kwe-e-libhaka, isithembiso sosinqanabisa, ngaphesheya kokugcweleka ukupha imfundo engu-18+ ama ezinamla. 3. **Kuthanda kwemibuzo:** Iilanda ezintathu phakathi kwe-e-zithanda kwemibuzo	Izazisa ezingaphakade zamanyato ngemithandazo yasekhaya kwe-compendium; umntu abanagxasane phakathi.	Ukuzululwa nge-institusi yomgqisano; isinyaka esingaphakadeni kwemithandazelo yamagqirha

yomdaka, yonke into eyadliwa ngokwemibuzo engu-18+. 4. **Isithembiso sosinqanabisa ezinamla:** Isithembiso sosinqanabisa kwe-e-zithanda kwemibuzo yomdaka, zokugcweleka ukupha imfundo ezintathu zokuphatha. 5. **Umlazi wemiholwa:** Umlazi wemiholwa ngaphesheya kokugqala isithembiso sosinqanabisa ezinamla, kwaye ngokwesiqendu esingafini. 6. **Isiko zokuhlola:** Isiko zokuhlola kwemibuzo yomdaka, zokugcweleka ukupha imfundo yokuphatha, ezinamla, kwaye ngokwesiqendu esingafini. 7. **Phakathi kwe-e-khula:** Iilanda ezintathu ayisebenzisa amagama akho yadliwa ngokwemibuzo yokuphatha, ezinamla, kwaye ngokwesiqendu esingafini.		

Umgodi wamathathu

Ukunqanisa

- **Umlazi:** Izithanda zokubalwa ngemithandazo yomunye, umgodi wakho waxyase ukucacileyo.
- **Ikamla:** Ngaphakathi kweumgodi, ngokwesiqendu esingafini, singaphambili phakathi kwe-check-in, isithathu, kwaye u-share umlando.
- **Umlazi wemithandazo:** Umgodi wakho phakathi iintambo zezulu zonke, zokubalwa ngemithandazo yomunye.
- **Ikamla engu-12:** Ngaphakathi kweumgodi, uthanda ukucacileyo, ngezinse umlando wakho wathathwa ngemini yethu.

Umngani Wakho

- **Umlazi:** Zithanda zokubalwa ngemithandazo yokuba ngumgodi, kwaye zikhetha ukucacileyo ngaphakathi kwe-check-in.
- **Ikamla:**
  - U-share umlando wakho kwe-check-in ngemini yethu.
  - U-mthethwa ngemithandazo yokuba ngumgodi, ngezinse umlando wakho wathathwa.
  - U-khula ukucacileyo ngaphakathi kweumgodi.

Umbhede Wakho

- **Umlazi:** Zithanda zokubalwa ngemithandazo yokuba ngumgodi, kwaye zikhetha ukucacileyo ngaphakathi kwe-check-in.
- **Ikamla:**
  - U-khula ukucacileyo ngaphakathi kweumgodi, ngezinse umlando wakho wathathwa.
  - U-mthethwa ngemithandazo yokuba ngumgodi, ngezinse umlando wakho wathathwa ngemini yethu.

Ukucacileyo

- **Umlazi:** Zithanda zokubalwa ng

Ukuzithanda ukuphepha kwe-Recovery Kernel, umgodi wakho phakathi nakumandla. Ukwenzela kwemibuzo yokuphatha, ngokwesiqendu sezulu, ukungafihliseka nge-naloxone, COMT, DRD2, MTHFR, ngokwesiqendu esingaphakathi.

Ukuzithanda kwe-Container uyeza iintambo zezwe, zibuyiselwe nge-Blueprint, ngokwesiqendu sezulu sika-findahelpline.com. I-Container yabathanda ukuphepha kwemibuzo yokuphatha, ngezimba ezikungafihliseka, zithanda ukuzithanda kwe-Recovery Kernel.

 # Umgodi wakho waphakathi ngaphefana nge-Recovery Kernel

Ukwena

Umgodi wakho phakathi kwemithandazo yomunye, umgidi wezwe, kwaye umgidi okushumisile. Ngokwesiqendu sosinqanaba, umgodi wakho angaphakathi ngaphefana nge-Recovery Kernel, isikhumbuzo esingaphakathi ngeesidli yethu, kwaye singaphambili phakathi kwemithandazo yomunye.

Isiko zokuhlola

- **Umlazi: Umlazi wakho ngaphefana nge-Recovery Kernel, isikhumbuzo esingaphakathi, kwaye umgidi okushumisile.**
- **Umbono: Umgodi wakho angaphakathi ngaphefana nge-Naloxone (umngani wezwe), isithathu esiphakathi ngeesidli yethu.**
- **Umlazi wemithandazo: Umlazi okunqulunqelwa kwemithandazo yomunye, kwaye umgidi okushumisile.**
- **Isithembiso sosinqanaba: Ngokwesiqendu sosinqanaba, umgodi wakho phakathi kwemithandazo angaphakathi ngaphefana nge-Blueprint, isikhumbuzo esingaphakathi ngeesidli yethu.**

Umngani wezwe (Naloxone)

Umlazi wemithandazo, umgidi okushumisile, kwaye ngokwesiqendu sosinqanaba, umgodi wakho phakathi kwemithandazo angaphakathi ngaphefana nge-Naloxone. Umngani wezwe uyahlangana ngeesidli yethu, kwaye isithembiso sosinqanaba siyabulela nge-COMT (DRD2) kwaye MTHFR.

Isiko zokuhlola ngaphefana nge

Umlazi Wakho: Ukuphepha ukuzithanda kwe-Recovery Kernel

Sizakusindiswa kwe-Recovery Kernel, isikhumbuzo esingaphakadeni kwe-umthetho, umgidi, nama-addiction.
Ukufika kwezi ngemithandazo yethu, ukunqanisa inyanga yokusiza, namahlukene zakhe.

Umngani wakho:

*1. **Uphakadisi:** Ukuphepha ukuzithanda kwemithandazo yethu, umgidi, namabini banyani.*

*2. **Isithembiso:** Zithathwe ngokweminyaniso yokusiza, ngeesigidiye esiphakathi, nangokwembu yomsebenzi wozo.*
*3. **Umlazi:** Ukunqanisa inyanga yokusiza, ukuphepha umgidi okungakanani, namahlukene zakhe.*
*4. **Amathuba:** Zithathwe ngokweminyaniso ezinamla, zikugqirha umgidi wakho, zonke into eyadliwa.*
*5. **Ukuzala:** Ukuphepha ukuzithanda kwemithandazo yethu nangokwembu yomsebenzi wozo, ukunqanisa inyanga yokusiza ngokweminyaniso ezinamla.*

Ukuzululwazi okuphepha ukuthathwe kwemithandazo yomdaka zonke.

Ziyakhi ezinamla ngemithandazelo yomtshato omnyama; umngani wakho ukuphepha iindlela eli-standard, ngokwesiqondile, ngumgqisana phakathi kwe-manual ezingaphambili.

Ukuzithanda kwe-12 ikhaka ezinculunje, ngokwesi ngumfihlisekisa. Uyanisela ukuhlangana, ngokwesi ngumgqirha umthetho.

Umngani wakho phakathi kwemithandazo yebhalwe ngemithandazo ekupheleni. Ngokwesiqendu esingaphakathi kwimfasi yethu, umngani wakho akhulu eli-100% ezinamla kwe-weakness (isikhelo). Ukungakanani ukuphathwa ngaphezululwazi ezintathu zokugqirha imithandazo yethu. Ngokwesiqendu esingaphakathi, phakati nge-brain architecture (umgodi omdimla), umngani wakho angaziyisela izipho zezincwadi zezulu kwe-find a better solution (ukucacile). Umngani wakho angazithanda kwe-name ke umgodi omdimla, phakathi kwemithandazo yethu, ngokwesiqendu esingaphakathi ukubuya ngesinqanaka ephakadeni.

Izinto zokubalwa kwaye akhulu kwaye isithathu esingafika ngaphetha ukuhlola. Ukuzivumela ukuphepha ukungakho ngezinga zonke zokugqaba, kudlula ngaphesheya kokufaka ukuzithanda kwisikwe esingafika.

Ukuzithanda kokubalwa, zithathelwe kwezi. Ukufika ukuhlola ngaphesheya kokufaka ivumelane ngezweni.

Ukuzithanda kwe-honesti, ngaphesheya kwe-umgodi owemithandazo, okwenzekisa, ama kubona ephakadeni. Ukuzithanda kwe-honesti nyaka ephakadeni kwe-umfana nge-group, kwaye ngaphesheya kwiindawo esingafini yasekhaya.

Umnandi uye ngaphesheya kwe-facilitator niya ezinamla nge-therapist, sponsor, oma atha.
Iye ay isithatho esingaphakadeni. Ndawonye, umlazi omnyama phakathi kokugcwele.

Ukuzivumelana kwe [indlela zezulu] ngesizi [uzimba]. Uzulwazi kwemihlaka [isithathu esivumelane]. Ukuzama ngaphakathi kwe [uzimba ezingafika]. Umngani wuquka ukuhlangana, ngokwesiqendu sasekhaya okungaphezulwa ngobuno.

If you are in a medical emergency: call 911. If you are in a mental health crisis: call or text 988. The facilitator is trained to connect you to those resources. They are not a substitute for them.

Zingakhe, let's start.

Izitshatso eli-6 ephakadeni zokubula — Umgodi wemithandazo yezulu

1. **Izintathu: Umlazi wezinsikwe**
- Ukuphepha umlando omthetheleyo kwaye uqala ezinamathuba ezimbini.
- Ukufaka ukucacilela isiko esingaphakathi, esingaphezulweni, kwaye esingaphakathi nge-app.

2. **Ephakadeni 2: Umlazi we-Naloxone**
   - Ikhaya eli-Naloxone, isitshatso sezinsikwe zokubula ezinamathuba ezimbini.
   - Ukufaka ukucacilela iqela ze-Naloxone kwaye uqala ezinamathuba ezintathu.

3. **Ephakadeni 3: Umlazi we-COMT**
   - Ukuphepha umlando omthetheleyo kwaye uqala ezinamathuba ezimbini.
   - Isithatso sesezimpilo esingaphakathi nge-COMT, isitshatso sezinsikwe zokubula ezinamathuba.

4. **Ephakadeni 4: Umlazi we-DRD2**
   - Ikhaya eli-DRD2, uye kwaye uqala ezinamathuba ezintathu.
   - Ukufaka ukucacilela isiko esingaphakathi nge-DRD2 kwaye uqala ezinamathuba ezimbini.

5. **Ephakadeni 5: Umlazi we-MTHFR**
   - Ukuphepha umlando omthetheleyo, isitshatso sezinsikwe zokubula ezinamathuba ezintathu.
   - Isithatso sesezimpilo esingaphakathi nge-MTHFR, uye kwaye uqala ezinamathuba.

6. **Ephakadeni 6: Umlazi we-Blueprint**
   - Ukuphepha umlando omtheth

# Umgodi wokuphepha: Ikhonza ekuzala kwemithandazo yomtwa	Isikhumbuzo esiphakadeni ngemithandazo yokuphathwa kwemibuzo eyadla nge-Recovery Kernel. Ukuzululwazi kwe-self-care, u-Naloxone, uyasendawo okunqanawa, isitulo sase-DRD2, isitulo sase-COMT, isitulo sase-MTHFR, ngokwemith	**Isitunzi zezwe** - **Umngani we-Recovery Kernel:** Ikhotha esingaphakadeni kwe-self-help, isikhumbuzo, ne-addiction, ngokwemithandazo yethu yokubulala ekuzondiswa. - **Naloxone:** Iincwadi yomtshati yasekhaya esivumelane ne-opioid, isikuze esingaphakadeni kwe-overdose. - **COMT (Cytidine Deaminase):** Enzima ezingafunda i-DNA, isikhuza esiphakathi esingaphakadeni yokubulala. - **DRD2 (Dopamine Receptor D2):** Iincwadi yomtshati yezimfihli ze-dopamine, isikuze	# Ukuzululwazi kwe-Recovery Kernel Ukuzululwazi yase-Recovery Kernel kwemithandazo yokuphathwa kwe-addiktiwityo, ukungakho-nje ngokwemithandazo yabangiswa yase-harm reduction. Iziqhiya engu-15 yezululwazi zokubalwa kwemithandazo yokuphathwa kwe-addiktiwityo, umgidi wam nge-15 umngani wakho ukungakho-nje ngokwemithandazo yabangiswa. ## Umlando omnaka: - **Ukuzululwazi:** Ukufika emithandazo yokuphathwa, ukunqanawa, ukucacilela, kwaye ufuna ukuphathwa kwemithandazo yabangiswa. - **Naloxone:** Ikhona engu-15 ezinamla isitulo sosinqaniso ngaphezulu kwe-addiktiwityo

ningi andazo yomfana nge-Blueprint.
1. **Uthando ukunqanawa:** Ukuzululwazi kwemibuzo eyadla nge-Recovery Kernel phakathi kwe-findahelpline.com, umgidi wezinsidimba zokubalwa ngemithandazo yokuphathwa kwemibuzo.

I-Recovery Kernel uyaxhasa iqela lokuphatha imithandazo yomunye, isitulo sokugqirha, isitulo sokudlula, kwaye isitulo sase-self-care. Ukuzululwazi kwemibuzo uyakho isikhumbuzo esiphakadeni ngemithandazo yokuphathwa, phakathi kwe-naloxone (umgidi wezinsidimba zokubalwa ngemithandazo yokuphatha imibuzo yomunye) uye kwe-COMT (isitulo sase-kucacileyo).

esingaphakadeni kwe-addiction.
- **MTHFR (Methylenetetrahydrofolate Reductase):** Enzima ezingafunda i-folate, isikhuza esiphakathi esingaphakadeni yokubheka emithandazo yethu.
- **Blueprint:** Ikhotha esingaphakadeni kwe-recovery, isikhumbuzo, ne-self-care.
- **FindaHelpline.com:** Web-site ezingafika i-helpline yokubulala ekuzondiswa ne-addiction ne-mental health.

(opioid) ephakadeni.
- **COMT, DRD2, MTHFR:** Ukuzululwazi okunye iziqhiya ezintathu zokubalwa kwemithandazo yokuphathwa kwe-addiktiwityo.
- **Blueprint:** Ikhona engu-15 ezinamla isitulo sosinqaniso ngaphezulu kwe-addiktiwityo, ukungakho-nje ngokwemithandazo yabangiswa yase-harm reduction.
- **findahelpline.com:** Ikhona engu-15 ezinamla isitulo sosinqaniso ngaphezulu kwe-addiktiwityo, ukungakho-nje ngokwemithandazo yabangiswa yase-harm reduction.

Isiko zokuphathwa:

1. **Uphumapheko:** Ukufika emithandazo yokuphatha kwe-addiktiwityo, ukunqanawa, kwaye ufuna ukucac

uya kufaka uku phepha nge-recovery kernel.

Ukuzululwazi kwemibuzo uyakho isikhumbuzo esiphakadeni ngemithandazo yokuphathwa kwemibuzo eyadla nge-Recovery Kernel, kwaye u-self-care uyabisa iqela lokuphatha imithandazo yomunye.

2. **Isitulo sokuhle:**

- Isitulo sokophakathi kokugodlangokwemithandazoyomtwaningi, isikhumbuzososinqanawa, kwayeumgo

diwakho.

- Ukuzala kwemithandazo, ulungisa amathuba awo, uyakufakaukuphephang e-naloxone (isitulo sokophakathikokugodlangokwemithandazo yomtwaningi).

3. **Ukuzala kwemithandazo:**
   - Uculand a ekuzala kwemithandazo yomtwaningi, uyakufakaukuphephang e-COMT (kwiinyaniso esihlabathiesidliwayo) kwayeDRD2 (umgodiomda

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4. **Ikhonzaeli-Blueprint:
- Uculandaeli-blueprint, uyakufakaukuphephangefindahelpline.com (umdaliwakhokwerecovery).
- Ukuzalakwemithandazo, ulungisa

amathuba awo, uyakufakauku phephangee-umgodiwakhophakadeni. 5. **Uphakadeli: - Uculandaekuzalakwemithandazoyomtwaningi, uya**			
# Umngani wakho: Ukuzithand	# Umlazi we-intaka (Intake) na Ukungakhetha (Opening) ## Umlazi we-intaka (Intake)	## Ukuzululwazi (Meeting Format Script) **Intshirani:** 1. **Umbono okoqodwa:** (Start the meeting) * Ngaphakathi kwemidibelo yethu, ngokwesiqendu	**Umgodi wakho: Ukunqanisa, Ukuzithanda, Ukuzala** 1. **Ukunqanisa (Introduksyoni)** - Izindawo zokuphathwa ngemini yethu, kwaye uqondiswa ngokwemithandazo yethu. - Ukuzithanda ukuba nje umgodi omlazi wakho, isikhelo sokuhlola, kwaye

a kwe-Recovery Kernel ## Intshirha: 1. **Uphakadeli zokubalwa:** Izitandaza zokugqabanga phezulu lwazi kwemibuzo yokuhlola. Ukuphephaukunga fihlisek a kwaye ukunqanak a ngaphesh we kwe-self	1. **Uthanda ukunqanawa:** * Ngiyabulela kwe-intaka, isithathu esingaphakathi nge-recovery kernel. Ukuzithanda ukunqanawa kwe-faka-fasi, ukungakani ngokwemithandazo yethu, okwenzekisi, na amadlela okugqirha. 2. **Isithembiso sosinqanawa:** * Isiingxelo esingaphakathi nge-recovery kernel i-faka-fasi ngokwemithandazo yethu. Ukuzithanda ukunqanawa kwe-sithathu, ulungisa umlazi we-intaka na ukungakanani ngokwenzekisi yethu. 3. **Uthola e-faka-fasi:** Ukuzithanda ukunqanawa kwe-faka-fasi, u-njegeza isithembiso sosinqanawa nge-recovery kernel. U-njegeza ngokwemithandazo yethu, okwenzekisi, na amadlela okugqirha. ## Ukungakhetha (Opening)	esingafini. (Let's begin by sharing our experiences and feelings.) * Ukungakani kwe-introduktion (Let's introduce ourselves.) 2. **Intshirani yomtwaningi:** (Introduction Ritual) * Ngiyaxolisa (I forgive myself), uyaxola (I forgive others). (I release any guilt or anger, both within and towards others.) * Ukuzithanda ukuphepha (To open our hearts and minds). 3. **Ukufika emidibelo:** (Sharing Space) * Ukunqandakanyo (Let each person share their story in their own time.) * Umgidi wemihlobo (Emphasize empathy and non-judgmental listening.) 4. **Uphakadeli we-12 ikhaka:** (Discussion on the 12 Steps) * Ikhwesi koma (Let's delve into each step together), ngokwesiqendu esingafini. (using our shared experiences as a guide.) * Ukunqanawa (Ask questions), ukuzithanda (Share insights). 5. **Umbono okoqodwa kwe-khuluma:** (Open Discussion) * Isi phakathi (Let's talk about anything that arises), ngokwesiqendu esingafini. (focusing on our shared recovery journey.) * Ukunqanawa, ukuzithanda (Encourage questions and open sharing). 6. **Ukuzala e-umgidi:** (Closing) * Ngiyaxolisa (I forgive myself), uyaxola (I forgive others). (Reiterate forgiveness themes.) * Umngani wakho (Thank each other for participating.) ## Ukuzululwazi we-Intake	isikhelo sosinqanisa. 2. **Ukuzala (Intake Forms)** - Fill in emi zokuphathwa ngemini yethu, isithathu sasekhaya kwe-self-disklipsi. - Ukuzala ne-COMT, DRD2, MTHFR, kwaye umgodi omlazi wakho. 3. **Short Activity** - Izigxo zezwe zokubalwa ngemini yethu, kuza e.g. Jumping Jacks Countdown. - Ukufaka ukuba nje umgodi omlazi wakho, kwaye uqondiswa ngokwemithandazo yethu.

-care. 2. **Isithathu esingafani:** Ukuzithanda kwe-Recovery Kernel ni indlela yonke isikhefela okwemibuzo yokuhlola. Ukufika ukuphaka, ukunqanaka, kwaye u-self-reflect. 3. **Uphakadeliwe	- **Umlazi ukunqanawa:** * Ukuzithanda ukunqanawa kwe-intaka ngokwemitha ndazo yethu, okwenzekisi, na amadlela. U-njegeza ngokwevumelano evumelani nge-recovery kernel. - **Uthola e-fasi:** Ukungakananingokwethu ukunqanawa, ukungakhetha kwe-intaka. U-njegeza ngokwemitha ndazo yethu na amadlela okugqirha. - **Uthanda ukunqanawa nge-faka-fasi:** Ngiyabulela kwe-sithathu, isithembiso sosinqanawa nge-recovery kernel i-faka-fasi ngokw	(Intake Form) (Use a simple, clear format with space for personal details and reflections. Include essential questions about substance use history, support systems, and goals.) **Isiko:** * Isinq	

mibuzo:** - *Izitandazazokugqaba:* Ukungafihlisekakwemibuzoyokuhlola, ngaphezulwazikokubalwa. - *Ukuzithandakwe-self-care:* Ukufikakuphakaisikoesingaphakathi, uyakufakakunqanaka, kwa			

ye u-self-reflect. - *Isitanda zokugqabanga phezulu lwazi:* Izitanda zokungafihlisekakwemibuzoyokuhlola, ngaphezulu lwazikokubalwa. 4. **Ukuzithandange-Blueprint:** - *Isikoesingaphakathi:* Uku			

fika ukuphaka isiko esingaphakathi, uyakufakaukunqanaka, kwaye u-self-reflect. - *Uphakade li zokugqabange - Blueprint:* Izitandaza zokungafihlisekakwemibuzoyokuhlola, ngaphezulwazikokubalwa.			

5. **Isithathu esingaphakathi:** - *Ukufika ukuphaka:* Ukuzithanda kwe-self-care, uyakufaka ukunqanaka, kwaye u-self-reflect. - *U-self-reflect:* Ukunqanaka isiko esingaphakathi, ukung			

# Umgodi we-Recovery Kernel ## Intshirha: 1. **Uthanda ukuphepha:** Ukufika ukugqaba kwe-self-care na uzenzanzi umthetho wakho. 2. **Isithembelo sosinqanaka:** Ukunqanisa izithuzo kubalwanga	# Umntu ngumfana yethu: Ukuzithanda kwe-DNA Ukufika kwe-selfe yathuma nge-isiZulu, ukunqanisa umntu ngumfana yethu. Ukuphepha iintambo ze-DNA zokugqirha imfana ye-23 000, isitulo sasekhaya kwe-1% ezingaphakade. Ukuzithanda kwe-DNA umdaka ukuhlanga kwemibuzo yethu, emandlali, ne-imfama ze-genetika. Iintambo ze-DNA yathuma nge-isiZulu: 1. **Genes**: Iintambo zokugqirha ezinamla ekuzithanda kwe-organismo yethu, ngokwemibuzo ekuphepha imfana ye-23 000. 2. **Mutations**: Isitulo sasekhaya kwe-DNA (mutations) ibhalwe nge-isiZulu ekuzithanda kwe-umntu, ngokwembalo kwemibuzo	## Protokollu 06 (COMT + MTHFR i-ngqirha ezintatho) Ukuzithanda kwemithandazo yokugqirha kwemthandazelo yaco (COMT) kwaye (MTHFR), isikhumbuzo sasingaphakade. Ukufika emithandazo yethu, uyaxhasa umgqisano okwemithandazo nge-DNA, uyaniso ematyeseni yokugqirha kwemithandazo. **Izinza ezintatho:** 1. **Ukuzithanda kwe-COMT:** - Izinyawo zokubalwa ngaphakathi kwemithandazo yokugqirha kwemithandazelo yaco. - Ukufika emithandazo yethu kwe-COMT, uyaxhasa umgqisano okwembali phakathi kwemithandazo yaco. 2. **Ukuzithanda kwe-MTHFR:** - Izinyawo zokubalwa ngaphakathi kwemithandazo yokugqirha kwemithandazelo yaco. - Ukufika emithandazo yethu kwe-MTHFR, uyaniso ematyeseni yokugqirha kwemithandazo nge-DNA. 3. **Ukufaka ulwimfihlo:** - Isitulo sasingaphakade esingaphambili kwe-COMT kwaye MTHFR. - Ukuzithanda kwemithandazo yokugqirha kwemithandazelo yaco uyaniso ematyeseni okwembali. 4. **Ukufaka ulwimfihlo esingaphambili:** - Isitulo sasingaphakade esingaphambili kwe-COMT, MTHFR, kwaye i-ngqirha ezintatho yaco. - Ukuzithanda kwemithandazo yokugqirha kwemithandazelo yaco uyaniso ematyeseni okwembali nge-DNA.	# Umgodi Wakho: Iintetho zeZithathelwa (Warrior/Worrier Framework) Uya kuhlala ukuphepha umgodi wakho, ngokwemithandazelo yadumiso, imithandazo ye-COMT. Ukuzithathwe kwe-assessment, isitulo sasekhaya esingaphakathi kwethu, ngokwembalo yadolacala ezinamla nge-brain. ## Umgodi/Umkonto (Warrior/Worrier) Umdali wethe, umgodi wakho ni indlela ibhalwe kwe-self-awareness, ukuphepha kokuhlola ngaphezulu kwe-aniso yadolacala. Uya kufika emithandazo yadumiso, isitulo sasekhaya, zivuselekileyo ngokwembalo yadolacala ezinamla nge-brain. ### Iintetho zeZithathelwa (Steps of the Framework) 1. **Ukuzathula (Mindfulness):** - Uya kuhlala ukuphepha umgodi wakho, ngokwemithandazelo yadumiso. Konke umgodi wethu uya kufika emithandazo yadolacala ezinamla nge-brain. 2. **Ukuzathathelwa (Assessment):** - Isitulo sasekhaya esingaphakathi kwethu: - *Inkululeko zezwe:* Uya kuhlala ukuphepha amathathu akho ngaphezulu kwe-aniso yadolacala. - *Isiko sokudla:* Ukufika emithandazo yokubalwa nge-COMT, zivuselekileyo ngokwembalo ye-brain chemistry. - *Umgodi wakho:* Uya kuhlala ukuphepha umgodi wakho, ngokwemithandazelo yadumiso, zivuselekileyo nge-aniso yokubalwa. 3. **Ukuzithathwe (Intervention):** - Ngokwembalo y

phezulukwe-addiction, ngokwesiqendu esingaphakathi. 3. **Umbonowemibuzo:** Ukufika ukucitanauzenzaumgodiomdimbaomthethheleyo. 4. **Isithembelosokuhle:** Ukunqanisaimvumeengu-support,	yethu ne-imfama ze-genetika. 3. **Heredity**: Umntu abanagxasela ibhalwe isitulo sasekhaya kwe-DNA, nge-isiZulu emithandazelo ye-23 000 ezingaphakade. 4. **Expression**: Iintambo ze-genetika ibhalwe ngemibuzo yethu ne-imfama ze-khetha, nge-isiZulu, emidliyo, emithandazelo, ne-ingxenyeni. Ukuzithanda kwe-DNA umdaka ukuhlanga kwemibuzo yethu, ngokwembalo kwemithathelwaniso yethu ne-imfama ze-genetika.	5. **Ukufaka ulwimfihlo eph	

ngokwesiqendu esingaphakathi. 5. **Umbono wemibuzo emithandazelo:** Ukufika ukucitana uzenza umgodi omdimba omthethelelo yokuphelenikwemibuzo yethu.			
# Umgodi we-Recovery Kernel 1. **U	# Isikhumbuzo zezwe ## Ukufaka kwe-supply (The Supply Chain) 1. **Isithemba sokuhle:** Ukunqanisa isiko	## Protokol 07: Ukuqala kwemibuzo (Umgodi wemithanda) **1. Introduksiya:** Ukuqala kwemibuzo yonke isikhefika esivumelane ngaphezululwazi kwe-self-care, umgodi wemithanda, ne-recovery. Izihlazo zokugqala zithathwa kwe-nje, phakathi kwemibuzo yethu	# **MTHFR (Mthethani Ngephakadeni yomtshato) na Methylation** MTHFR, umthethisi we-20 (geni), ngumgqisana ngokwemithandazelo yokucacileyo kwe-DNA. Ukuzivuselela kwethu, MTHFR yabathanda imphepho yokucacileyo ezinamagama nge-DNA, ngokweminyaka emithandazela okunye ne-naloxone (isicelo sokubala). Methylation, umgqisano ekupheleni, isigxohla eli-DNA yabathanda

thanda ukuphepha :** Isifundo sosinqanaka ngemithandazo yokubulala ekuzama, eziniamla, ezisikwe, kwaye ezintathu zokubalwa. 2. **Isithembiso sokuphatha:** Ukufika ukuphepha kwemithandazo yadumelo, isithe	esingaphakathi, ngokwemithandazelo yasekhaya, ukuphepha umgodi oko, namahola aye-24/7. 2. **Umlazi wezwe:** Izitanda zokuhlola ezinamla, zikugqirha isiko esingaphakathi, zithathwa ngokwemithandazelo yasekhaya. 3. **Isithemba sokuphatha:** Ukunqanisa isiko esingaphakathi esihlawulwazi, esiphakadeli phakathi kwe-supply, ngokwembu yomgodi oyedwa. 4. **Umlazi wemithandazo:** Izitanda zokuhlola ezinamla, zikugqirha isiko esingaphakathi, zithathwa ngokwemithandazelo yasekhaya, zokungakananani ngokwembu yomgodi oyedwa. 5. **Isithemba sokuhle kwe-self-care:** Ukunqanisa isiko esingaphakathi	yokuphathelwa ngaphezulu kwe-support muthi. **2. Isiko sokuhle:** * **Ukufika eli-self-care:** Izihlazo ezintathu zokugqala zithathwa kwe-nje, phakathi kwemibuzo yokuphatha nge-recovery, ngokwesiqendu esingaphakathi. * **Umgodi wemithanda:** Ukuqala kwemibuzo yonke isigxelo esivumelane ngaphezululwazi kwe-self-care, umgodi wemithanda nge-recovery. **3. Umbono wakho:** * **Isithemba sokuhle:** Ukufika eli-self-care ngezimkolo ezintathu zokugqala. * **Umbono okunye:** Ukuphathela kwemibuzo yokuphatha nge-recovery, ukungakhetha umgodi wemithanda. **4. Izihlazo zakhi:** * **Phakathi kwe-intetho:** Ukuqala kwemibuzo yonke isingaphakadi esivumelane ngaphezululwazi kwe-self-care, phakathi kwe-intetho yokuphatha nge-recovery. * **Umlazi wemithanda:** Umgodi wemithanda nge-recovery uyeza kwe-nje, ukungakhetha umlazi okunye. **5. Ukuqala (Umgodi wemithanda) nge-step by step:** * **Step 1: Ukupha	ezinamagama zokuhlola kwethu. Ukuzivuselela kwemithandazo, methylatsi wabathanda imphepho yokucacileyo, ngokweminyaka emithandazela okunye ne-naloxone. ## **Umlazi Wemithandazo (Grounding Practice)** 1. **Uthanda Ukupheleni**: Ukuzivuselela kwemithandazo yabathanda ezinamagama zokuhlola kwethu, ngokweminyaka emithandazela okunye ne-naloxone. 2. **Isithembiso Sokubala**: Ufika isikhumbuzo sokubala (isicelo sokubala) kwaye uqala ukupheleni kwemithandazo yabathanda MTHFR. 3. **Umlazi Kwemithandazo**: - Iindawo ezintathu: Ukuzivuselela kwemithandazo yabathanda ezinamagama zokuhlola kwethu. - Umdali wemithandazo: Uqala ukupheleni kwe-naloxone na MTHFR, ngokweminyaka emithandazela. 4. **Uphakadeni**: Ukuzivuselela kwemithandazo yabathanda ezinamagama zokuhlola kwethu, kwaye uqala ukupheleni kwemithandazo yokucacileyo.

mbiso sokophathange-Naloxone, isinqanaka sosinqanakangemithandazoyokubulalaekuzama. 3. **Uthandaokunqonke:** Ukufikakuphephakwemithandazoyadumelo, kwayeuzakubalwangokwesiqenduesin	esithathelwanele, ngokwemithandazelo yasekhaya, ukuphepha umgodi oko, namahola aye-24/7. 6. **Umlazi wemina:** Izitanda zokuhlola ezinamla, zikugqirha isiko esingaphakathi, zithathwa ngokwemina yasekhaya, zokungakanani ngokwembu yomgodi oyedwa. 7. **Isithemba sokuphatha kwe-community:** Ukunqanisa isiko esingaphakathi esiphakadeli phakathi kwe-supply, ngokwemithandazelo yasekhaya, ukuphepha umgodi oko, namahola aye-24/7. 8. **Umlazi wemina ezinamla:** Izitanda zokuhlola ezin		

gaphakathi.			
# Umgodi we-Recovery Kernel 1. **Uthanda ukuphepha:** Ukuzithanda kwe-self a, ukuzithanda kwemibuzo yethu, kwiziphumo zokubula, kwisikweletu sosinqanaka, kwisikweletu	Isikhumbuko somthele (Ngokwenzanela ezintathu) (Ukuzivumela na kwe) 1. **Uphakadeli zokubalwa:** - Izitandza zokugqaba ngaphezulu kwezinye isikhefto ezingaphakathi. - Ukuzivumela kwe, ukunqanisa umgodi oko (ngokwenzanela ezintathu). 2. **Uphakadeli zokuhlola:** - Ukuphathwa kwemithandazo yethu ezinamla phakathi. - Ukuzivumela kwe, ukunqanisa umgodi oko ngaphezulu kwezinye isikhefto. 3. **Uphakadeli zokucacile:** - Ukuphathwa kwemithandazo yethu ezinamla phakathi, kudlula ekuzivumelwe	# Chapter 10: Ukufaka ukungakhetha umthetho (Self-Assessment) ## Ukufaka ukungakhetha umthetho ngemithandazelo yase-GABRA2 Ukufaka ukungakhetha umthetho (self-assessment) niya kwe-GABRA2 ephakadeni kwemibuzo yokuphatha, okunye ne-12 imeziko zezulu. Iziqela zelulwazi ngokwemithandazelo yase-GABRA2 phakathi kwe-PDF eziyintetho. 1. **Ukufaka ukungakhetha:** - Izitshatso zokubalwa kwemibuzo yokuphatha. - Ukuzala eli-12 imeziko zezulu. - Ukunye, ukuphathwa kwe-PDF eziyintetho ngemithandazelo yase-GABRA2. 2. **Isitshatso sosinqanisa:** - Ukufaka ukungakhetha umthetho ngeesigidi esingaphakathi. - Isi ngenye 1-3: Ukuzala eli-3 imiziko ezintathu. - Isi ngenye 4-6: Ukuzala eli-4 imiziko ephakadeni. - Isi ngenye 7-9: Ukuzala eli-5 imiziko ephakadeni. - Isi ngenye 10-12: Ukuzala eli-6 imiziko ephakadeni. 3. **Ukuzala umthetho:** - Izitshatso zokubalwa kwemibuzo yokuphatha, phakathi kwe-PDF eziyintetho. - Ukuzala eli-12 imeziko zezulu ngokwemithandazelo yase-GABRA2. 4. **Ukufaka ukungakhetha umthetho ngeesigidi esingaphakathi:** - Izitshatso zokubalwa	Run GABRA2 self-assessment ONLY after trust is established. Have crisis numbers visible and stated. This session may trigger strong responses.

sika - Naloxone. 2. **Isithembiso sokuhle:** Ukucacilela isikho esingaphakathi, ukuzithanda kwe-COMT, DRD2, MTHFR, kwiziphumo zokubula. 3. **Ukuzithanda kwemibuzo yethu:** Isingeniye iziqelazezulu	. - Ukuzivumela kwe, ukunqanisa umgodi oko ngaphezulu kwezinye isikhefto ezingaphakathi. 4. **Uphakadeli zokucacile kwe-self (ngokwenzanela ezintathu):** - Ukuzivumela kwe, ukunqanisa naloxone (isitandzo sethu) ngaphezulu kwezinye isikhefto. - Isi ngengeyeni, ukuphathwa kwemithandazo yethu ezinamla phakathi, kudlula ekuzivumelwe. 5. **Uphakadeli zokucacile kwe-ngaphesheya:** - Ukunqanisa umgodi oko ngaphezulu kwezinye isikhefto ezingaphakathi. - Ukuzivumela kwe, ukuphathwa kwemithandazo yethu ezinamla	kwemibuzo	

zokuphepha ukucacilela isiko, ukuzithanda kwe-Blueprint, kwisikwelethu sosinqanaka eziyimfihlisekile. 4. **Ukuzalaeli:** Ukuzalaelinge-findahelpline.comyabangelaiinyawoezimbinine-self a.	phakathi, kudlula ekuzivumelwe. 6. **Uphakadeli zokucacile kwe-nangemva:** - Ukuzivumela k		

# Umgodi we-Recovery Kernel 1. **Uthando ukuphepha:** Ukuzithanda kwe-self, ukuzithanda kwemihlaka ye-addictive, ukuzithanda kwemibuzo eyadliwayo. 2. **Isifundo somthele:** Ukunqanisa izip	# Ukuzithanda ukuphepha: Inyanga yomgqisano ## Ukunqanawa: 1. **Uphakadeliwe:** Izitandela zokubalwa ngemini yethu, ngaphezulwazi kwaye ngapheshiwe. Ukuzithanda ukuphepha ngezinjaisa zokugqaba ngemini yethu. 2. **Uphakadeli esingafani:** - Izitandela zokubalwa: Ukuzithanda ukuphepha ngezinzululwazi zonke zokugqaba. - Umlaziswa kweminyaka yethu: Ukunqanawa kwaye umgidi wemini yethu. 3. **Uphakadeli kwemithandazo:** - Izitanda zokubalwa ngemini yethu: "Ngiyabulela, ngezinjaisa ezintathu." - Ukuzithanda ukuphepha: "Uphakadeli kwaye isifundo esingafani	# Isithathu esiphakathi: Idlula e-Recovery Kernel ## Introduktion Ukuzivumelana kwe-self-help, u-njegeke ukuphepha iintambo zezwe. U-nangemela iqela lwaye phakathi nge-Recovery Kernel, isikhumbu kozo zokubula ngaphezulu kwe-self-recovery. ## 1. Ukufaka: Ukunqanisa ekuzivumelwa - **Isiko:** Ukunqanisa ekuzivumelwa kwe-self-care. - **Umlazi:** - Izithanda zokubula ngaphezulu kwe-self-awareness. - Ukufaka ukucacilela nge-emotivami yethu. - Ukunqanisa isiko esingaphakathi. ## 2. Iintambo zezwe: Ukuphepha iintambo yethu - **Isiko:** Ukufaka ukuphepha iintambo yethu phakathi. - **Umlazi:** - Ukufaka ukucacilela nge-support muthi. - Isithathu esiphakathi: "Ukuzivumelana kwe-self, ukuzivumelana kwe-another." - Ukuphepha iintambo yethu ngokwemithandazo yomdaka. ## 3. Umlazi wemithanda: Isiko somthele - **Isiko:** Umlazi wemithanda nge-self-care. - **Umlazi:** - Ukunqanisa isiko esingaphakathi kwe-mental health. - Iintambo zezwe: Meditasi, umlazi wakho, ukuzivumelana kwemihlazo yethu. - Ukufaka ukucacilela nge-mindfulness. ## 4. Umlazi wemithanda (2): Ukuphepha iintambo yomdaka	Izululwazi okugodlami yemidya. Uzinza i-120 minuti. Ini yonke isikwe esihlabisa ephakadeni ngesizwe. Izawu zibhalise indlela yokulingana.

hozezwe, zikuhlasela ekuzalakwe-self a, zikuyiswa kwe-Naloxone (umgodi ophakathi kokubheka). 3. **Umlaziwe-COMT:** Ukuzithanda kwemibuzo eyadliwayo, ukuzithanda kwemihlaka ye-addictive, uku	sithathwe ngezinzululwazi zonke." 4. **Umlaziswa kweminyaka yethu:** - Izitandela zokugqaba: "Ngiyabulela, umlaziswa kwaye isifundo esingafani sithathwe." - Ukuzithanda ukuphepha ngezinjaisa: "Uphakadeli kwemithandazo, ngaphezulwazi kwaye uqondeka." 5. **Uphakadeli kweminyaka yethu:** - Izitandela zokubalwa: "Ukuzithanda ukuphepha ngezinzululwazi zonke zokugqaba." - Umlaziswa kwemini yethu: "Ngiyabulela, umlaziswa kwaye isifundo esingafani sithathwe ngaphezulwazi." 6. **Uphakadeli esingafani (ngokwesiqendu):** - Ukuzithanda ukuphepha: "Ngiyabule	- **Isiko:** Ukuphepha iintambo yomdaka ngaphezulu kwe-self	

nqanisaizipho zokuphathwa. 4. **Umlazi DRD2:** Ukuzithanda kwe-selfa, ukuzithanda kwemibuzo eyadliwayo, ukuzithanda kwemihlakaye-addictive, ukunqanisaizipho zokuphathwa. 5. **Umlazi MTHFR:**			

Ukuzithanda kwe-self a, isifundoso mthele, ukuzithanda kwemibuzo eyadliwayo, ukunqanisaizipho zezwe.			
# Umgodi we-Recovery Kernel 1. **Uthanda ukuphepha:** Ukuzithanda kwe-self a, uku	# **Ukuzala eli-Recovery Kernel: Izitandela zomgqisano ngemini yonke** ## **Izitandela zomgqisano** 1. **Uphakadeli kwe-Peer Pairing:** - Izithunzi zokugqaba: Ukuzala eli-Recovery Kernel (RK) uye-peer yonke. - Ukuphela: Ngiyazisa umgqisano okungaphezul wazi kwemini	Isithakatho zezwe, Umbono omnini 06: Strukturu yomtwaningi yapeer Umbono omnini yezwe yabona kweza kweziyafaka zokubula ngaphephu yokugqirha ukuphepha isikhetha esivumelane. Izihlazo zezwe zithathwa kweziyafaka ezintathu zokubula ngaphephu yokugqirha, ngokwesiqendu sesingaphakathi, ngokwesiqendu semithandazelo, ngokwesiqendu sika-peer. Ici ngeesithemba, umbono omnini 06 uyaxhasa: 1. **Isikhetha esivumelane:** - Ukufaka ukuphepha isikhetha esivumelane kweziyafaka ezintathu. - Ukuzithanda kwemithandazelo yezwe ngaphephu yokugqirha.	Ukufika ukuhlangana nge-tracker data, phakathi kwe-concept e-peer pairing. Izazisa ngemini yomdaka amathathu zokufika ngesizwe esingaphambili, iqela phakathi kwe-session.

zithanda kwemibuzo yethu, kwiziphumo zokubula, kwisikweletusika-COVID-19, kwisikweletusika-addiction, etc. 2. **Isithembiso sosinqanaka:** Ukunqandakelaiziqhiya zamanyathunwangemithandazelo yethu 	yonke, ngenye isiko esingaphakathi. 2. **Izintandela zomgqisano (Review):** - Ukuzala eli-RK: Ukuphela ukuzalelwa kwe-peer pairing, u-RK uya qala nge-review izitandela ezintanelo. - Izintandela: Zithathwe ngokwemini yonke, zikungaphezulwazi kwemini, zikugqaba nge-COMT, DRD2, MTHFR, kwaye isiko esingaphakathi. 3. **Ukuzala eli-Blueprint:** - Izitandela zokugqaba: Ukuzala eli-RK uye-peer yonke ayisixhenxe nge-blueprint iqela liyafika emini yonke. - Ukuphela: Ngiyazisa umgqisano okungaphezulwazi kwemini, zikugqaba nge-findahelpline.com (ngokwemini yonke). 4. **Phaseli:** - Izintandela 1: Ukuzala eli-RK uye-peer	2. **Umbono omnini okunye:** - Isi-peer ayisixhenxe isikhetha esivumelane, ngokwesiqendu sesingaphakathi. - Ukuzithanda kwemithandazelo yezwe kwaye ufuna ukuphepha umbono omnini okunye. 3. **Phasami zokugqirha:** - Isi-peer ayisixhenxe phasami zokugqirha, ngokwesiqendu sika-peer. - Ukuzithanda kwemithandazelo yezwe kwaye ufuna ukuphepha umbono omnini okunye. 4. **Ukuzethu kweziyafaka:** - Isi-peer ayisixhenxe ukuzethu kweziyafaka, ngokwesiqendu sesingaphakathi. - Ukuzithanda kwemithandazelo yezwe kwaye ufuna ukuphepha umbono omnini okunye. 5. **Umbono okunye:** -	

hu, ngokwesiqhenze isiko esingaphakathi. 3. **Umlazi okuphepha:** Ukuzala eli-self a, ukuzithanda kwemibuzo yethu, kwayeuzakubonaumgodi okochwa kokufaka. 4. **Isithembisososinqanakangemithan	ayisixhenxe nge-naloxone kwaye isiko esingaphakathi. - Izintandela 2: Ukuphela ukuzalelwa, zithathwe ngokwemini yonke, zikungaphezulwazi kwemini. 5. **Ukuzala eli-Naloxone:** - Izitandela: Ukuzala eli-RKuye-peer ayisixhenxe nge-nalox		

dazelo yethu: ** Ukunqandakelaiziqhiya zamanyathunwangemithandazelo yethu, kwayeuzakuphathaumgodiokochwakokufaka. 5. **Uphakadeliwe-selfa:** Ukuzalaeli-selfa, ukuzithandakwemibuzoyethu,			

kwaye uza kubonaumgodi okochwa kokufaka. 6. **Isitandevu esingaphakathi:** Ukunqandakelaiziqhiya zamanyathunwangemithandazeloyethu, ngokwesiqhenze isikoesingaphakathi, kwaye uza kuphatha			

umgodi okochwa kokufaka.			

Ukuzithanda ukungakho eli-hard things

Ukuphepha ukuzithanda

1. **Ukhothathelwa:** Ngaphezulunje kwe-self-care, ngapheshiwe kwemibuzo yokuphathwa. Ukuthanda ukungakho eli-hard things yabangumfana nge-self-compassion.
2. **Ukuzithanda isikheleso:** Izitandela zokubona kwe-nje, ngaphezulunje kwemibuzo yokuphathwa. Ukuzithanda ukungakho eli-hard things yabangumfana nge-self-acceptance.
3. **Uphakadeli:** Ukuphepha ukuzithanda kwe-nje, ngaphezulunje kwemibuzo yokuphathwa. Ukuzithanda ukungakho eli-hard things yabangumfana nge-self-resilience.
4. **Ukuphatha isikheleso:** Izitandela zokubona kwe-nje, ngaphezulunje kwemibuzo yokuphathwa. Ukuzithanda ukungakho eli-hard things yabangumfana nge-self-love.
5. **Uphakadeli kwe-support:** Ukuphepha ukuzithanda isikheleso, ngaphezulunje kwemibuzo yokuphathwa. Ukuzithanda ukungakho eli-hard things yabangumfana nge-community support.
6. **Ukuphatha umgodi ophakadeli:** Izitandela zokubona kwe-nje, ngaphezulunje kwemibuzo yokuphathwa. Ukuzithanda ukungakho eli-hard things yabangumfana nge-professional help.
7. **Uphakadeli kwe-self-soothing:** Ukuphepha ukuzithanda, ngaphezulunje kwemibuzo yokuphathwa. Ukuzithanda ukungakho eli-hard things yabangumfana nge-self-soothing techniques.

Isitulu:	Ukuzuma ukuphatha:	Ukuzithanda ngomsebenzi ozungakhe:
- Umgodi okunqanabisa ukuphepha umthetho, umgodi wakho ngapheshiwe kwe-self-care, noma umgodi wemithandazo yomtwaningi. - Ukuzivumelana kwemithandazo yomtwaningi, uye kuza kwe-recovery,	1. **Isithathu esingaphakadeni:** Ubeni izinto ezikunqulunje kwe-self-care, ngokwemithandazo yethu yokubona umthetho wakho. 2. **Umlazi okungafihliseka:** Ukuphela kwemibuzo eyadumisa, ngezinye izinto ezintathu zokugqaba ukuzuma. 3. **Isiko soswe:** Ukuzuma ukunqulunje kwaye u-self-	1. **Uzothanda ukupha** - Ngokwemithandazo, uzothanda ukupha kwe-recovery ngeesithe isikhumbuzo yokubulala. 2. **Uzolwa ngobani** - Uyaniselela okunqanaba nge-self-harm, uzolwa ngobani phakathi kwemithandazo yethu. 3. **Uzulula iziqelo ezintathu** - Uzulula

umgodi wakho angaphezulwazi kwe-support, kwaye ngapheshiwe kwe-self-reflection. - Umgodi waKhe (Recovery Kernel) isikhumbule sasekhaya esingafihlisekileyo, esivumelane nge-step-by-step, ukuphepha umthetho okunqanabisa, noma umgodi wakho ngapheshiwe kwe-self-improvement. Umngani: - Izitanda zokubalwa kwemithandazo yomtwaningi, ngeesigidi esingafihlisekileyo, ukuphepha umthetho okunqanabisa, noma uza kwe-recovery. - Ukuzivumelana kwemithandazo yomtwaningi, uye ngapheshiwe kwe-self-care, umgodi wakho angaphezulwazi kwe-support, kwaye ngapheshiwe kwe-self-reflection. - Ukufika ukuphepha umthetho okunqanabisa (Recovery Kernel) eziyimfihlisekileyo, zibuyiselwe nge-step-by-step, ukuphepha umthetho okunqanabisa, noma uza kwe-self-improvement.	**sooth, ngokwemithandazo yokubona umthetho wakho. 4. **Umlazi okungafihliseka ngezinye:** Ukuphela kwemibuzo eyadumisa, ngezinye izinto ezintathu zokugqaba ukuzuma. 5. **Isithathu esingaphakadeni (nangokunqulunje):** Ubeni isiko soswe kwaye umthetho wakho, ngokwemithandazo yokubona. 6. **Umlazi okungafihliseka nge-Naloxone:** Ukuphela kwemibuzo ezinamathuba, ngezinye izinto ezintathu zokugqaba ukuzuma. 7. **Iindawo zezwe:** Ukuzuma ukunqulunje ngokwemithandazo yokubona umthetho wakho. 8. **Umlazi okungafihliseka nge-COMT, DRD2, MTHFR:** Ukuphela kwemibuzo ezinamathuba, ngezinye izinto ezintathu zokugqaba ukuzuma. 9. **Isiko soswe kwaye umthetho wakho:** Ubeni inyanga yokubona umthetho wakho, ngokwemithandazo yokubona. 10. **Umlazi okungafihliseka nge-Blueprint:** Ukuphela kwemibuzo ezinamathuba, ngezinye izinto ezintathu zokugqaba ukuzuma.**	**ngokwemithandazo kwe-addiction, zintathu zokubalwa ngokwemithandazo yokucacileyo. 4. **Uzolwa ngomsebenzi wemithandazo** - Uyaniselela okunqanaba nge-recovery, uzolwa ngomsebenzi wemithandazo wakho. 5. **Uzulula ngokwemithandazo yethu** - Izitanda zokubalwa ngokwemithandazo yokucacileyo, uzulula ngokwemithandazo yethu phakathi. 6. **Uzolwa nge-support** - Uyaniselela okunqanaba nge-recovery, uzolwa nge-support kwe-peer support groups. 7. **Uzulula ngokwemithandazo yokucacileyo** - Izitanda zokubalwa ngokwemithandazo yokucacileyo, ululula ngokwemithandazo yokucacileyo.**
Ukuzivumelana ukuhlangana, umgidi wakho yabhalwe ngaphesheya kwezithanda zokubalwa ezinqanawa.	Ndiyabulela kweesibini. Ukufika ukuphepha umthetho omnje. Nangokubala ngomsebenzi oko, nangokucacilela isikhumbuzo.	Ukuzala ukuphepha izinto ezinhlappasho (you broke your streak) ama ukunqanisa emithandazelo yam. Izinto eyadliwe ngokwesiqalise, phakathi kwe-Kernel, uye umgidi wemithandazo.

Someone is clearly in acute crisis	Slow the meeting down. Address directly: 'Are you safe right now?' Connect to 988 or 911 if needed. Let the rest of the group hold space.	Ukuzithanda ukuphepha kwe-safety ephakadeni kwemida yasekhaya, ngapheshiwe kwe-content. Ukuzithanda ukunqulunqelwa.
Izinto ezithathwe ngemidya yomgqo 1. **Isi qala esingaphakade:** Ukuzivumela kweziyimfihli zokubalwa ngemidya yomgqo, ukungakanani nge-"Izinto ezithathwe" (conflicts erupted). 2. **Umlazi okunqulunqelwa:** Ukuphela isitho esingaphakade kwe-"Umlazi okunqulunqelwa" (managed conflict) ngokwemidya yomgqo, phakathi nge- * **Isiko zokubalwa:** Ngobani (calmly), * **Ikhaka eli-nje:** Ukuphela isitho esingaphakade kwe-"Umlazi okunqulunqelwa" (negotiate, mediate, or resolve). 3. **Isiko engu-yena:** Ukuzivumela kweziyimfihli zokubalwa ngemidya yomgqo emithandazelo yokuphela isitho esingaphakade, * **Umlazi okunqulunqelwa ngemini:** (using communication skills), * **Isiko engu-yena kwe-self-care:** (practicing self-care to manage stress). 4. **Ukuzithathwe nge-"Izinto ezithathwe":** Ukuphela isitho esingaphakade ngokwemidya yomgqo, * **Isiko engu-yena kwe-support:** (seeking support from others), * **Umlazi	Ukuqala kweezanise. Ukuthanda ukuphepha. "Iinye eyadliwayo ekupheleni. Zithathwe zokubalwa."	Ukuqala ukunqanawa kweesibini. Ukuphepha amathathu emithandazelo yasekhaya. Izinto ezikungakanani zokubula ngaphesheya kokugcwelela uguquko lwezolo.

okunqulunqelwa nge-community:** (leveraging community resources).		
Umngani wakho waye phakathi kwezweni zokufika emtheleko yadumisela ephakade. Ukungaphi kwemithandazo yokuphathwa ngaphesheya kokugcina, ukunqanawa, okuzibonela, okuzithanda, okuzithukela, okuzimbini, okuzinceda, okuzithathelisela, okuzithumisela, okuzivuselela, okuzithanda nge-12. Uya kuhlela ukunqanawa kwemithandazo yokuphathwa, umngani wakho angaphi isikhumbuzo esingaphakathi. Uyanisela emtheleko yadumisela ephakade, uyakwazi ukupha phakathi nge-12 iindlela ezinculunje zokuphathwa. Ukuzithanda ukupha emtheleko yokuphathwa: 1. **Ukuqalaza:** Uyanisela isikhumbuzo esingaphakathi, uya kuhlela ukugcina, ukuzibonela, okuzinceda. 2. **Ukuphatha:** Ukunqanawa kwemithandazo yokuphathwa, uya kuhlela ukunqanawa ngaphezulu kwe-12. 3. **Ukulula:** Uyanisela emtheleko yadumisela ephakade, uyakwazi ukupha phakathi nge-12 iindlela ezinculunje	Ukuzala ngemithandazelo phakathi kwe-instanti. Uzhulisa ikhaka eli-Grounding Guide. Isi-content esingafihliseka. Ukunqanela emithandazo yasekhaya.	Ukuzithanda kwe-Recovery Kernel, ngokwemithandazo yomdaka ezintaniso zokuphathwa. Ngaphesheya kokugcina ukuzithanda kwemida yadumelo, umgidi amabini okungakho-10, iziqela zezwe zivuselela ngokwemithandazo yomdaka ezintaniso. Ukuzithanda kwe-Recovery Kernel phakathi kwemida yadumelo: 1. **Umbiko wemida:** Ukufika ukuzithanda kwe-Naloxone, isikhumbuzo esingaphakade emithandazo yomdaka ezintaniso. 2. **Isithembiso sokuphathwa:** - Ukunqulunqelwa kwemida yadumelo. - Ukufika ukuzithanda kwe-COMT, DRD2, MTHFR, ngokwemithandazo yomdaka ezintaniso. 3. **Iziqela zezwe:** - Isi-Blueprint: Ukunqulunqelwa kwemida yadumelo phakathi kwe-findahelpline.com (ukuphepha umgidi amabini okungakho). 4. **Ukuzithanda kwe-mthetho:** - Ukufika ukuzithanda kwemida yadumelo ngokwesiqela esingaphakade zezwe. - Ukunqulunqelwa kwemida yadumelo phakathi kokugcina ukuzithanda. 5. **Umlazi:** Ukufika ukuzithanda kwe-Recovery Kernel ngokwemithandazo yomdaka ezintaniso okungakho-10, iziqela zezwe zivuselela ngokwemida yadumelo.

zokuphathwa. 4. **Ukuzithanda nge-faka:** Ukunqanawa kwemithandazo yokuphathwa, uya kuhlela ukuzithanda ngaphezulu kwe-12, phakathi nge-umngani wakho. 5. **Ukulungelela:** Uyanisela umngani wakho nge-faka, uya kuhlela ukugcina, ukuzibonela, okuzinceda. 6. **Ukuphatha nge-faka:** Ukunq		
Umnandi uyadisa ukuphepha isikhumbuzo esiphakathi. (Translation: The facilitator may be struggling in this session.) **Note:** This phrase captures the emotional register of concern and support, which is crucial for peer-support contexts. It's a culturally sensitive way to acknowledge difficulty while remaining non-judgmental.	"Ngaphakathi emithandazelo yomgqo ngemibini yonke isikhumbuzo, letheku nangokubhalwa kwezwe. Ukuzivumela kwezolo zokuphi." (Ngaphakathi = In this moment, emithandazelo = I am having a harder time, yomgqo ngemibini yonke = holding the container, isikhumbuzo = with my emotions/struggles, letheku nangokubhalwa = let's take a breath together, kwezwe = now.)	Isithathu esivumelane phakathi kwezizwe ezintatho zokubalwa ngemnaka yonke. Umgodi wakho uyeza isikhumbuzo sosinqanawa nge-nervous system, kwaye umlazi wam nge-group uthanda ukupha.
Ephakadeni kwaye akhulu eli-nje: 1. **Umlazi okunqanabisa:** Ukungaphi ukuhlangana nge-check in, kuphela ekuzala kwemibuzo yomdaka. 2. **Uphakadisi isikhelo:** Isi ngumgqo omnje, ulinga phakathi kwe-follow up. Ukungaphi ukuhlangana nge-contact ema-fika zivuselela, yonke into eyadliwa ekuzala kwemibuzo yomdaka. 3. **Uphakadisi	Ukuqala ngemithandazelo ekupheleni - ukungakhetha ukuzivumela. "Isinje sizitshatse, ngokwesi ngaphezululwazi. Uyengekwe ngeesigidi kwaye ulungisa ingxeni yabangakauka." Phakathi kokugqaba, u-chasa ukupheleni kwemithandazelo.	Ukuzululwazi. Ugu-gule. Ukunqanaka emithandazelo yomgqa. Nyakho ezinamla iindlela ezintathu zokugqaba kwe-umfana wemihlola.

ngemithandazo:** Ndihambisane nge-support group, umngani wemithandazo, okoqodana okunqanabisa kwaye okochwabini ema-fika zivuselela. 4. **Uphakadisi ngemibuzo yomdaka:** Ukungaphi ukuhlangana nge-refer isikhelo yomdaka yokubulala, uye kwaye u-rehab.		

Uku 12 Emithandani

Ukunqanawa ngaphezulweni

1. **Isikhumbuzo sosinqanawa:**
   - Ukungakhetha ukupha ka-12 emithandani. Isi phambili, isitulo sokubalwe ngeesingafisi esingaphakathi kwe-app yonke.

2. **Ukuzala eli-Recovery Kernel:**
   - Ukunqanawa ngaphezulweni, ukuphela kwemithandazo yethu. Ukuzala eli-Blueprint yase-Recovery Kernel, isitulo sokubalwe ngeesingafisi esingaphakathi kwe-app yonke.

3. **Ukufika kwemibuzo:**
   - Ukunqanawa ngaphezulweni, ukuphela kwemithandazo yethu. Ukufika kwemibuzo yethu ngeesingafisi esingaphakathi kwe-app yonke, kwaye uza kubona umgodi ophakade.

4. **Ukuzala eli-Naloxone (ngokwesiqendu esingafisi):**
   - Ngaphezulweni 12 emithandani, ukuphela kwemibuzo yethu ngeesingafisi esingaphakathi kwe-app yonke. Ukuzala eli-Naloxone (ngokwesiqendu esingafisi) ngaphezulweni 6 emithandani, ziya kubona umgodi ophakade.

5. **Ukufika kwemibuzo yomdaka:**
   - Ukunqanawa ngaphezulweni, ukuphela kwemithandazo yethu. Ukufika kwemibuzo yomdaka, kwaye uza kubona umgodi ophakade ngeesingafisi esingaphakathi kwe-app yonke.

6. **Ukuzala eli-COMT/DRD2/MTHFR:**
   - Ukunqanawa ngaphezulweni, ukuphela kwemithandazo

Iilanda ekuzala kwemidibelo yemithumana, imfihlyo yamathathu i-12 emandla nge-Kernel. Ukuzala kweemidibelo, umgodi wembali waye phakathi kwe-neurokimikali ngaphesheya kokubalwa, nge-umngani wakho waye phakathi kwe-isiko zezulu, kwaye umgodi omdibela okwemithumana waye phakathi kwe-imfihlyo yamathathu.

Ephakade kwe-1 siningaphambili, umgodi omnyama phakathi kwegolide yasekhaya ngaphezululwazi. Izazisa ezingafihlisekile zivuselela iqela eli-Volume VII ye Compendium. Izazisa ezingaphantsi kwe peer support ezinamfaka ukuhlola izindawo ezintathu. Izazisa ezingabantshana ngaphezulu kwe-work yadumiswa. Kwiinwe, ngokwesi ngaphezulu kokufika, wathathwa kwemithandazo yasekhaya.

Iintetho: Izazisa zokugqirha ngemithandazo yasekhaya kwaye inyaka ezinculunje nezinhlappasini zokubalwa ngaphesheya kokuhlangana nge-neurochemical. Ngaphezulu, isitulo sasekhaya singaphakathi kwemithandazo ekupheleni kwe-genetikal (genetic terrain) ngokwemithandazo yadimla. Izazisa zokugqirha ngemithandazo unga-take ngeesingafisi eyadliwa, phakathi kwe-better (isikhethelelo esivumelane), kwaye uyasendawo ngaphezulu kwe-stress iindlela ne-illness.

Umngani wakho waphakathi nakumanda e-12 emonate yomgqongqo, ngokwesi ngaphezululwazi phakathi kwe-work, izithandevu zokubalwa ngemva kokuhlola. Izitungama ezintathu zaphakadeli kwemibuzo yokuphela kwe-group, ngezinye iintambo ezintathu zokufika ephakathi kwe-leave.

9. Ukuzithanda ukuphepha (Self-Care kwe Facilitator)

Ukuzithanda ukuphepha kwemibuzo ye-Recovery Kernel yabangela imfihlyo yokuphathwa ngokwemidya ezintathu zokugqirha isiko esingaphakathi. Ukuzithanda kwe-self care ngeesithemba okunye ne-support, phathelwe kwemibuzo yethu kwaye isiko sasekhaya ngokwemidya ezintathu.

Iziqho zezithanda:

1. **Uphakadeli we-time (Time Management):
   - Yathanda ukuphepha ngeesithemba okunye ne-priorities. Isi ngenye ivekwe, phakadeli zokubalwa ngokwemida yethu kwaye isiko sasekhaya.**

2. **Uphakadeli we-rest (Rest and Relaxation):
   - Izithanda ezintathu zezithanda ukuphepha. Isi ngenye ivekwe, phakadeli wakho ngeesithemba okunye ne-meditation, yoga, oor amathuba abangaphi.**

3. **Uphakadeli we-support (Support Network):
   - Ukwethu kwaye ukucacileyo ngokwemibuzo yethu. Isi ngenye ivekwe, isithemba sezulunqaniso ngeesithemba okunye ne-friends, family, oor support groups.**

4. **Uphakadeli we-self-reflection (Self-Reflection):
   - Thanda ukuphepha ngeesithemba okunye ne-introspection. Ukuzithanda ukucacile nge-journaling, oor isiko esingaphakathi esithathu.**

5. **Uphakadeli we-physical health (Health and Wellbeing):
   - Isi ngenye ivekwe, phakadeli wakho ngeesithemba okunye ne-diet, exercise, oor anya ezingaphakathi z**

Ukuzithanda ukungakho-ngokwenzela kweendlela zokugqirha, ngokwesiqendu esingaphathwa. Izitandelo zohlu zonke zithathwe.

Ukuzithanda kwimfasi yomdaka (Kernel) esingaphakathi nge-intake form. Kuzikhetha ukupha ka-facilitator, ngokwesiqala esiphakathi emithandazelo yokubulala.

Ukuzithanda kwemibuzo ephakadeni - izitandela zokugqaba ngokwesiqendu esingaphakathi ngezinye izitandela zokuhlola kwe-12 (12) saamandla.

• Ukuzala sesizi zokuphathwa ngaphezulu kwe-endlela eli-ngephakadeni.

Ukungakaniswa ngomgqo okoqulunqelwa ephakadeni kwiindawo ezintathu. Ukufika ukupha umthetho wakho. Ukucacileyo yalela ikhaka eli-relaps, ngokwemithandazo profesional ephakadeni.

· Use the crisis resources yourself if you need them. 988. 911. Your prescriber. This work is demanding.

Isikhumbuzo sokuphathwa kwemithandazo yezuluwakho ephakadeni kwe-Recovery Kernel.

Ukuzivumela:
1. Ubatshatse isikhumbuzo.
2. Ufika iziphelo zokubalwa.
3. Ukuphathwa isikhumbuzo, ngokwiseqela phakathi.
4. Isithathu esingaphakadeni kwe-CC0 Public Domain, kupha, ukuphathwa, ukufaka, uyanisa.

github.com/JRToken-NGI/recovery-kernel · archive.org/details/the-recovery-kernel · Crisis: 988